Mashed Bean Dip
Your child will love mashing beans for this recipe!

1 can (16 ounce) pinto beans *(drained and rinsed)*
1/3 cup mild salsa
½ cup shredded cheese

1. Mash beans. Kids can help! Put beans in a sealed food storage bag and let little fingers smoosh them.
2. Stir mashed beans, salsa, and cheese in a microwave-safe bowl.
3. Microwave for 2 minutes. Stir well to completely mix after heating.

Dip with raw veggies or corn tortilla chips. Spread onto a whole wheat tortilla and roll it up!

Ranch Hummus
A healthy twist on a favorite veggie dip!

1 can (16 oz) garbanzo beans *(drained and rinsed)*
1/2 cup ranch salad dressing
2 tablespoons warm water

Blend ingredients in a blender or food processor until smooth.
Serve with veggies or whole grain crackers. Spread on a sandwich or tortilla.

Green Smoothie
A fun, easy way to eat more green vegetables!

2 handfuls fresh baby spinach
½ cup milk
1 cup canned pineapple, in 100% juice
2 medium frozen bananas *(peel and cut into chunks before freezing)*

1. Blend spinach and milk in a blender until smooth.
2. Add pineapple and frozen banana chunks. Blend again until smooth.

How about a taste test for lunch today? Kids love to make their own choices! Talk about the different flavors and textures while you eat together. Ask your child to pick their favorite.

1. Raw broccoli with dip
2. Steamed broccoli in the microwave
    - Place bite size pieces and 1 tablespoon water in a microwave safe bowl. Cover with a paper towel. Cook for 1 to 1 ½ minutes.
3. Roasted broccoli
    - Toss bite size pieces of broccoli with a little olive oil and salt on a metal pan. Roast in a 450° oven for 10-15 minutes.