

CATERPILLAR'S TOMATO FEAST

FESTÍN DE JITOMATE
DE LA ORUGA



Healthy Food for Healthy Kids

Commissioner Todd Staples • Texas Department of Agriculture

CATERPILLAR'S TOMATO FEAST

Remember to always have an adult help you prepare this recipe.

Ingredients:

Celery
5 cherry tomatoes
1 tbsp. low fat cream cheese
15 raisins

preparation:

Cut the top off of one tomato. Scoop out the center with a small spoon. Fill the tomato with shredded celery for the hair. Attach the remaining 4 tomatoes with cream cheese to make the caterpillar's body. Use raisins for feet and face.

(Serves 4)



Food and Nutrition Division
3E'S OF HEALTHY LIVING
Education, Exercise and Eating Right

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Recuerda que un adulto siempre debe ayudarte a preparar esta receta.

(Alcanza para 4)

Ingredientes:

Apio
5 Tomates Cereza
1 cda. queso crema bajo en grasa
15 pasas (ojos)

Indicaciones:

Cortar la parte superior de 1 tomate. Sacar el contenido del centro con una cuchara pequeña. Rellenar el tomate con apio rallado para formar el pelo. Conectar los 4 tomates restantes con queso de crema para formar el cuerpo de la oruga. Utilice las pasas para formar las patasy la cara.

Visit www.squaremeals.org to view school meal program details, other healthy recipes and more. You can also call (888) TEX-KIDS. Find out the amount of healthy food you need each day by getting your personal food guide pyramid at www.mypyramid.gov.

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