



Smart Start

Power-up Pita Pocket Pizza



INGREDIENTS (serves 1)

- 1 whole whole-wheat pita bread
- 2 tablespoons shredded cheese
- 2 tablespoons spaghetti sauce (or to taste)
- 1/2 cup of vegetables (broccoli, spinach, peppers *for super power add a rainbow of colors)

DIRECTIONS

Preheat toaster oven to 400 degrees. Wash hands. Spread sauce on pita bread, leaving a 1/2-inch border for crust. Then sprinkle on the desired amount of cheese, and add vegetable toppings.

Bake pizza for 5-8 minutes or until gooey!



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Fire Ants on a log



INGREDIENTS (serves 1)

- 4 pre-cut celery sticks
- 1 tablespoon peanut butter, almond butter, sunflower seed (nut free), butter or cream cheese
- 2 tablespoons dried cranberries or raisins

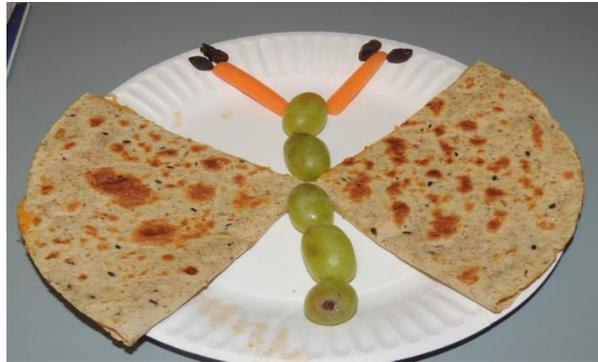
DIRECTIONS

Wash hands. Wash celery. Spoon peanut butter or topping of choice into center of celery and spread evenly. Press dried cranberries into peanut butter. Enjoy!



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Butterfly Quesadillas



INGREDIENTS (serves 1)

1 medium (8 inch) whole wheat tortilla

¼ cup shredded low fat cheese

5-6 whole grapes

2 baby carrots

2-4 raisins or dried cranberries

Directions

Pre heat toaster oven to 400. Wash hands. Place cheese on half of tortilla and fold other half over. Place in toaster oven until cheese is completely melted. Remove from toaster oven and cut folded tortilla in half. Place tortilla “wings” on opposite sides of plate, with triangle shaped tips touching in center of plate. Use grapes to create body of butterfly by lining grapes end to end in center of plate. Use baby carrots and raisins to create tentacles. Enjoy!



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Super Hero Rainbow Rolls



INGREDIENTS (serves about 4)

- ½ cup cilantro, roughly chopped
- 10 basil leaves, roughly chopped
- 20 mint leaves, roughly chopped
- ½ cup purple or regular carrot, grated
- 1 medium cucumber, peeled and thinly sliced, about 2" long
- 1 medium orange bell pepper, thinly sliced, about 2" long
- 1 medium yellow bell pepper, thinly sliced, about 2" long
- 1 firm avocado, halved and pit removed
- 1 package spring roll wrappers

Directions

Toss first 4 ingredients together and set aside.

Hold 1 sheet of rice paper under water for 5-10 seconds, until the sheet is semi pliable. Place the semi pliable sheet onto a cutting board or large ceramic plate. Place a couple of the 2" slices of cucumber and peppers onto the rice paper, off-center, closest to you. Sprinkle about 1 teaspoon of chopped cilantro, basil and mint over top. Using a spoon, scoop out a ¼-inch thick wedge of avocado and set it onto the filling.

Pull the bottom of the rice paper over the top of the filling then fold both sides over toward the center (like a burrito). Gently pulling toward you, roll the spring roll up toward the top. Cut spring rolls in half and serve with dipping sauce.

Dipping Sauce

The juice of 1 lemon, 1 lime, and 1 orange



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1 tablespoon rice wine vinegar
¾ cup reduced sodium soy sauce