



This Way That Way

Have you ever eaten something you didn't like? It may not be the *food* that you didn't like. It may be the *way* the food is fixed. This Kid's Kitchen is about fixing things differently. See what you like best. You may like them all!

Raw vegetables taste and "crunch" differently than cooked vegetables. Even if cooked broccoli, carrots, or cauliflower aren't your favorite foods, you may love trees made of raw vegetables for a great snack. Vegetable Trees are cool, crisp, tasty, and fun to make. Mom or Dad will help cut up the vegetables. Then you can arrange them.

Vegetable Trees

2 carrots cut into strips (or mini carrots or prepared carrot strips)

1 cup broccoli or cauliflower florets (or some of each)

Low-fat ranch salad dressing

1. Wash and cut up vegetables.
2. Put the carrots strips on a plate so that they look like tree trunks.
3. Place the broccoli and cauliflower at the tops of the carrot sticks as the top of the trees.
4. Put the ranch dressing at the bottom of the carrots.
5. Dip the carrots, broccoli, and cauliflower in the dip and dig in!

