

Greece

BAT BOYS

Serves 1 (serving size: 1 bat boy)

1 serving provides 1/2 oz. Grains, 1/2 cup Milk, 1/2 oz. Meat & Beans groups

Ingredients

- 1 thin slice of ham
- 1 teaspoon low-fat mayonnaise
- 2 tablespoons cheddar cheese, shredded
- 1 sesame breadstick or pretzel rod

Directions

1. Spread a thin slice of ham with mayonnaise and sprinkle with shredded cheese.
2. Place a sesame breadstick or pretzel rod on one edge and roll up tightly.
3. Enjoy!

NO-OVEN RECIPE

Nutrition Facts

Serving Size 1 bat boy (51g)
Servings Per Container 1

Amount Per Serving			
Calories	120	Calories from Fat	60
		% Daily Value*	
Total Fat	6g		9%
Saturated Fat	2g		10%
Trans Fat	0g		
Cholesterol	20mg		7%
Sodium	540mg		23%
Total Carbohydrate	8g		3%
Dietary Fiber	0g		0%
Sugars	1g		
Protein	9g		
Vitamin A	2%	Vitamin C	0%
Calcium	10%	Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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CHESSE FUN-DO

Serves 12 (serving size: 4 pieces)

1 serving provides $\frac{1}{4}$ cup Vegetables, $\frac{1}{4}$ cup Fruits, $\frac{1}{2}$ cup Milk groups

Ingredients

- 1 can cheddar cheese soup
- $\frac{1}{2}$ pound Swiss cheese, grated or cut into small pieces
- 3 apples, cut in wedges
- 1 bunch broccoli, sliced
- Coffee stirrers

Directions

1. Pour the soup into fondue pot, crock pot, or sauce pan.
2. Add the Swiss cheese and stir until melted.
3. Pour sauce into small cups and distribute to each child.
4. Put 2 apple wedges and 2 broccoli pieces on coffee stirrers and dip into cheese.

NO-OVEN RECIPE

Nutrition Facts

Serving Size 4 pieces (140g)
Servings Per Container 12

Amount Per Serving

Calories 100 **Calories from Fat 25**

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 560mg **23%**

Total Carbohydrate 12g **4%**

Dietary Fiber 2g **8%**

Sugars 5g

Protein 7g

Vitamin A 15% • Vitamin C 80%

Calcium 20% • Iron 2%

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DILLY DIP FOR VEGGIES

Serves 6 (serving size: 1/4 cup)

1 serving provides 1/4 cup Milk group

Ingredients

- 1 cup nonfat cottage cheese
- 4 ounces reduced-fat cream cheese
- 1 teaspoon dried dill
- 1 teaspoon minced dried onion

Directions

1. Whisk together nonfat cottage cheese, reduced-fat cream cheese, dill, and onion.
2. Serve with veggies and tortilla chips.

NO-OVEN RECIPE

Nutrition Facts

Serving Size 1/4 cup (57g)
Servings Per Container 6

Amount Per Serving

Calories 70 Calories from Fat 30

% Daily Value*

Total Fat 3.5g 5%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 190mg 8%

Total Carbohydrate 3g 1%

Dietary Fiber 0g 0%

Sugars 2g

Protein 6g

Vitamin A 2% • Vitamin C 0%

Calcium 6% • Iron 2%

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Fat 9 • Carbohydrate 4 • Protein 4

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MY FAVORITE BUG

Serves 1 (serving size: 1 bug)

1 serving provides 1/2 cup Milk group

Ingredients

- 1 ounce string cheese stick
- 8 pretzel sticks

Directions

1. Put string cheese on a plate.
2. Take 8 pretzel sticks to add legs and feelers to make bug.

NO-OVEN RECIPE

Nutrition Facts

Serving Size 1 (33g)
Servings Per Container 1

Amount Per Serving

Calories 90 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 330mg **14%**

Total Carbohydrate 5g **2%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 9g

Vitamin A 2% • Vitamin C 0%

Calcium 20% • Iron 2%

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MUD CUPS

Serves 1 (serving size: 1 mud cup)

1 serving provides 1/2 cup Milk group

Ingredients

- 2 tablespoons instant chocolate pudding mix *
- 1/2 cup 2% milk
- 1 tablespoon chocolate graham cracker crumbs
- 2 gummy worms (optional)
- Clear cup

* 1 package instant chocolate pudding mix makes 4 servings

Directions

1. Prepare chocolate pudding by having each child shake together 1/2 cup milk and 2 tablespoons pudding mix.
2. Pour prepared pudding into a clear cup.
3. Top with chocolate graham cracker crumbs and gummy worms, if desired.

NO-OVEN RECIPE

Nutrition Facts

Serving Size 1/2 cup (258g)
Servings Per Container 1

Amount Per Serving

Calories 480 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 3380mg **141%**

Total Carbohydrate 110g **37%**

Dietary Fiber 9g **36%**

Sugars 17g

Protein 10g

Vitamin A 6% • **Vitamin C** 4%

Calcium 25% • **Iron** 45%

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MEDITERRANEAN MEATBALLS

Serves 36 (serving size: 1 meatball)

1 serving provides no significant food groups

Ingredients

- 1 pound ground lamb
- ½ cup fresh parsley, chopped
- 1 egg
- ¼ cup dried bread crumbs
- 1 garlic clove, minced
- 1 teaspoon salt
- Dash of ground black pepper

Directions

1. Preheat oven to 350 degrees F.
2. In a large bowl, mix the meat, parsley, egg, bread crumbs, garlic, salt, and pepper, using a long-handled spoon.
3. Roll the meat mixture into small meatballs and place them in a baking dish.
4. Bake the meatballs for 20–30 minutes. Allow them to cool a little after removing them from the oven. Then line a plate with some paper towels and put meatballs on the plate to drain excess fat.

To make a meatball sandwich, place the meatballs and a little sauce inside a warm pita pocket. (See recipe on next page.) Line the pita with a leaf of lettuce to hold in the sauce and to add some crunch.

Nutrition Facts

Serving Size 1 meatball (33g)
Servings Per Container 16

Amount Per Serving

Calories 90 Calories from Fat 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 180mg **8%**

Total Carbohydrate 1g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 5g

Vitamin A 4% • Vitamin C 4%

Calcium 2% • Iron 4%

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MEDITERRANEAN MEATBALLS SAUCE

Serves 16 (serving size: 1 teaspoon)

1 serving provides 1 oz. Meat & Beans group

Ingredients

- ¼ cup plain low-fat yogurt
- ½ garlic clove, minced
- 2 tablespoons lemon juice
- 1 teaspoon fresh or dried mint leaves
- 1 cup feta cheese
- ⅓ cup cucumber, grated
- ⅓ tomato, chopped

Directions

1. Put yogurt, garlic, lemon juice, and mint into a food processor. Blend until smooth. Pour the mixture into a bowl.
2. Crumble the feta cheese and add it to the blended mixture.
3. Grate the cucumber using a grater. Be sure to keep your fingers away from the sharp parts.
4. Stir the cucumber and chopped tomato into the sauce. Serve the sauce with the meatballs (found on previous page).

Nutrition Facts

Serving Size 1 teaspoon (10g)
Servings Per Container 36

Amount Per Serving

Calories 10 **Calories from Fat 5**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 35mg **1%**

Total Carbohydrate 1g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 1g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 0%

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YOGURT FRUIT SALAD

Serves 6 (serving size: 1/2 cup)

1 serving provides 1/2 cup Fruits group

Ingredients

- 1 cup nonfat vanilla yogurt
- 2 green apples, washed and diced (leave skin on)
- 4 tablespoon walnut pieces
- 1/2 cup red grapes
- 1 cup red-leaf lettuce

Directions

1. Mix together yogurt, apple, walnut pieces, and red grapes.
2. Serve on lettuce leaves.

NO-OVEN RECIPE

Nutrition Facts

Serving Size 1/2 cup (107g)
Servings Per Container 6

Amount Per Serving

Calories 100 **Calories from Fat** 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 16g **5%**

Dietary Fiber 1g **4%**

Sugars 14g

Protein 3g

Vitamin A 8% • **Vitamin C** 8%

Calcium 8% • **Iron** 2%

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