

Veggie Kebabs

Ingredients

- 4 cups **vegetables** of your choice: peppers, cherry tomatoes, mushrooms, cauliflower, zucchini
- 2 cups **cheese** cubed- like part skim mozzarella
- Zesty Italian dressing**
- Kebab sticks



Directions

Chop vegetables and cheese in chunks large enough to put on kebab sticks. Alternate different vegetables and chunks of cheese. Kids love to help with this part so get them involved. Make them colorful! Place kebabs on a tray or cookie sheet and drizzle lightly with salad dressing. Enjoy!

Black Bean Pasta Salad

Ingredients

- 4 cups cooked **whole wheat macaroni**
- 16 oz. **salsa**
- 15 oz. **black beans** (rinsed and drained)
- 1 cup **cheese** (shredded)
- 1 cup **green pepper** (chopped)
- 2 tomatoes chopped
- 1 **onion** (chopped)
- 1/8 tsp. **pepper**



Directions

Cook pasta according to package directions; drain and rinse in cold water. Place in a bowl; stir in the remaining ingredients. **Yield:** 9 servings.

Pumpkin Yogurt Dessert

Ingredients

- 1 large container vanilla or plain **yogurt**
- 1 cup **canned pumpkin** (not pie filling but real pumpkin)
- 1 tsp. **cinnamon**
- $\frac{1}{4}$ tsp. **nutmeg**
- If using vanilla yogurt- 1 tbsp. Splenda, honey or other sweetener
- If using plain yogurt- $\frac{1}{4}$ cup honey, sugar or sweetener such as Splenda



Directions

Mix all ingredients in bowl and refrigerate. Enjoy!