



United States Department of Agriculture

MyPlate **KITCHEN**

Halloween

English Muffin Veggie Pizza

Make: 4 servings

Ingredients:

1 cup broccoli (cooked chopped)
4 English muffins
1 cup pizza sauce (or spaghetti sauce)
1/2 cup mozzarella cheese, shredded, part skim
1/4 cup carrot (4 Tablespoons, shredded)
1/3 tablespoon Parmesan cheese (1 teaspoon, grated)

Directions:

1. Wash hands with soap and warm water.
2. Cut the broccoli to make 1 cup of chopped broccoli.
3. Put the broccoli in a saucepan with water. Cook on medium until tender.
4. Drain the water from the saucepan. Let the broccoli cool.
5. Cut 4 English muffins in half. Toast the 8 muffin halves.
6. Shred the mozzarella cheese to make 1/2 cup of shredded cheese.
7. Peel and shred the carrots to make 3 tablespoons shredded carrots.
8. Spoon 2 tablespoons pizza sauce over each English muffin half.
9. Sprinkle 1 tablespoon shredded mozzarella cheese on top of each half.
10. Put 2 tablespoons broccoli and 1 teaspoon shredded carrots on top of each half.
11. Sprinkle each half with 1 teaspoon grated Parmesan cheese.
12. Toast in the toaster oven for 2 minutes, until the cheese melts.

Fruit Kabobs with Yogurt Dip

Make: 8 servings

Ingredients:

1 cup watermelon (chunks)
1 cup pineapple (chunks)
1 cup grapes, red seedless
1 cup strawberries (stemmed)
2 kiwi (peeled and cut in quarters)
bamboo skewers (6 inches long)
1 cup yogurt, light strawberry

Directions:

1. Wash hands with soap and water.
2. Place fruit chunks on bamboo skewers. Place fruit kabobs on platter.
3. Place light strawberry yogurt in bowl. Serve kabobs with yogurt on the side.

Orange Cow

Make: 3 servings

Ingredients:

16 us fluid ounces orange juice
2 cups water (cold)
1/3 cup milk (non-fat, dry)
1 teaspoon vanilla
1 cup ice (or more)

Directions:

1. Wash hands with soap and water.
2. Place all ingredients in blender or food processor.
3. Secure lid and blend until smooth. Serve immediately.

Peter Pumpkin Squares

Make: 24 servings

Ingredients:

1 can pumpkin (15 ounces)
1 1/2 cups brown sugar, packed
4 eggs
3/4 cup oil (cooking)
1 1/2 cups flour (all-purpose)
1 1/2 cups rolled oats
1 tablespoon ground cinnamon
2 teaspoons baking powder
1 teaspoon baking soda
margarine or butter (to grease the pan)

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees.
3. In a medium bowl, stir together the pumpkin, brown sugar, eggs, and oil. Mix well.
4. In a large bowl, mix the flour, oats, cinnamon, baking powder, and baking soda.
5. Add the pumpkin mix to the flour mix. Stir well.
6. Grease a 9" x 13" baking pan with butter or margarine.
7. Pour the batter into the greased baking pan.
8. Bake for 30 minutes.

Roasted Pumpkin Seed Snack Mix

Make: 8 Servings

Ingredients:

2 cups crispy rice or wheat cereal squares
1/2 cup roasted whole pumpkin seeds
1/3 cup slivered almonds
1/2 cup dried cranberries
1/2 cup raisins

Directions

1. Wash hands with soap and water.
2. Mix all ingredients together and serve.