



The Kitchen at Second Harvest Snowman Caprese Kabobs

try at home recipe
Recipe modified from Arts & Crackers

flip to learn more!



Ingredients

- Toothpicks
- 1 Mozzarella string cheese
- 1 Fresh basil leaf
- 1 Grape tomato
- Peppercorns or chia seeds

Yield: 1 kabobs
Serving Size: 1 kabob



Find more recipes, free classes,
and ways to get involved!



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Directions

1. First, wash the produce.
2. On each toothpick, assemble your kabob as follows: 1/5 cheese stick, one basil leaf, 1/5 cheese stick, 1/2 cherry tomato, small square of cheese stick.
3. Use peppercorns, chia seeds, or poppy seeds to make a face.
4. Enjoy and refrigerate leftovers for up to 1 day.



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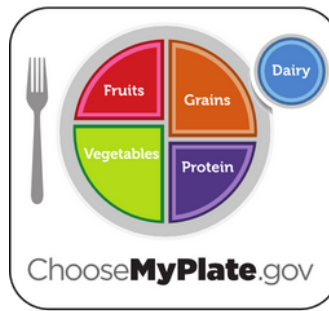
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Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



Protein includes all foods made from seafood; meat, poultry, and eggs; beans, peas, lentils; and nuts, seeds, and soy products. Beans, peas, and lentils are also part of the Vegetable Group.



Any **vegetable** or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed.



The **Dairy** Group includes milk, yogurt, cheese, lactose-free milk and fortified soy milk and yogurt.

Cooking Tips

- Try using the multi-color packs of tomatoes!

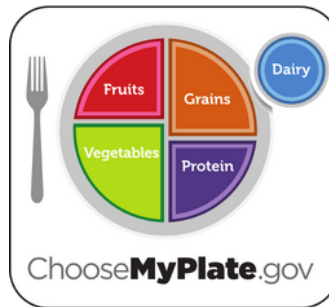
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Nutrition Facts

Nutrition Facts	
1 servings per container	
Serving size	1 kabob
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 180mg	8%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 9g	18%
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 0.36mg	2%
Potassium 282mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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The Kitchen at Second Harvest Grinch Fruit Kabobs

try at home recipe

Recipe modified from Tom's Turkey Drive

flip to learn more!



Ingredients

- 24 green grapes
- 1 banana, sliced
- 24 strawberries
- 24 mini marshmallows
- 24 toothpicks

Yield: 24 kabobs or 6 servings

Serving Size: 4 kabobs



Directions

1. Thread 1 grape, 1 banana slice, 1 strawberry (narrow end facing up), and 1 marshmallow onto 1 toothpick to resemble the Grinch's head in his red hat.
2. Repeat with remaining grapes, banana slices, strawberries, and marshmallows.

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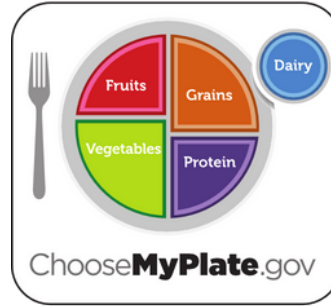


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The **Fruit** Group includes all fruits and 100% fruit juice. Fruits may be fresh, frozen, canned, or dried/dehydrated. At least half of the recommended amount of fruit eaten should come from whole fruit, rather than 100% fruit juice.

Cooking Tips

- Use melted chocolate and a toothpick to draw a face on the grape.

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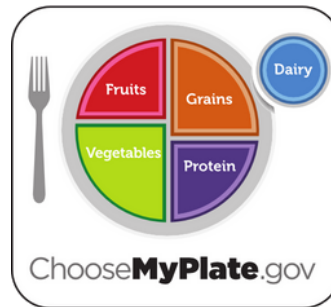
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Amount Per Serving	
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% Daily Value*	
Total Fat 0g	0%
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Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 0g	0%
<small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small>	
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