



Vegetable Snowman

Article written by Cami Wells, MS, RD, (cami.wells@unl.edu) Extension Educator in Hall County

This vegetable snowman recipe allows kids to create their own version of the snowman using delicious and healthy vegetables. Let the fun begin!



Vegetable Snowman

¼ cup ranch dressing, low-fat 1 Tablespoon sliced olives
1 cucumber sliced 3 cherry or grape tomatoes
2 carrot sticks ½ bell pepper

1. Wash hands with soap and water. Gently rub produce under cold running water. Place ranch dressing in a small cup for the snowman's head.
2. Assemble vegetables in the shape of a snowman using cucumber slices for the body, carrots for arms and nose, cherry tomatoes for buttons, bell peppers for hat and scarf, and olives for the eyes.
3. Be creative and feel free to use any vegetables you have on hand.

Makes 2 servings. Each serving contains 93 calories, 4.4 g fat, 12.4 g carbohydrate, 2.4 g fiber, 385 mg sodium and 1.6 g protein.

Did you know?

- Children ages 2 to 5 need between 1 and 2 cups of vegetables each day.
- Vegetables are a great snack filled with vitamins and minerals.
- It is common for young children to dislike or refuse some vegetables.
- Patience works better than pressure. Offer your children a variety of foods. Then let them choose how much to eat.

Making Vegetables More Appealing

- Be a good role model for children by eating vegetables yourself with meals and as snacks.
- Let your kids be “produce pickers.” Let them pick out the vegetables at the store or farmers market.
- Try different forms - vegetables may be fresh, frozen, canned, or dried, and may be whole, cut-up, or pureed.
- Offer choices. Rather than ask, “Do you want broccoli for dinner?” ask “Which would you like for dinner, broccoli or cauliflower?”
- Kids like to taste what they have helped prepare. Depending on their age, children can help clean, peel, or cut up vegetables.
- Children often prefer foods served separately. So, rather than mixed vegetables try serving two vegetables separately.

Source: TIPS: Vary Your Veggies, USDA's ChooseMyPlate: <https://www.choosemyplate.gov/vegetables-tips>

For more information, check out more Food Fun for Young Children Newsletters: <http://go.unl.edu/chi>

Nebraska Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

Nebraska Extension educational programs abide with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.

UNIVERSITY OF
Nebraska
Lincoln®