



Strawberried Muffins by Jodie Fitz

1 whole wheat English muffin
1 tablespoon Price Chopper low fat vanilla yogurt
1 tablespoon Price Chopper low fat cream cheese
1/8 teaspoon vanilla extract
4-5 fresh strawberries

Wash the strawberries and remove the greens. Chop the strawberries either with a food processor or with a knife. Set Aside. Toast the English muffin as desired. In a bowl, mix together the yogurt, cream cheese and extract until smooth using a metal spoon or mini whisk. Spread a layer of the cream cheese mixture onto both muffin halves and top with strawberries.

Note: Strawberries are great for little hands to chop up using a plastic knife taking away the hazard, but allowing little cooks to feel like big cooks! First, cut a strawberry in half and place the flat side down onto a cutting surface to help keep the fruit stationary.

Veggie fun Snack! by Jodie Fitz

1 oz. Price Chopper low fat cream cheese, softened
1 tablespoon Price Chopper low fat sour cream
1 teaspoon of dry ranch seasoning
Central Market wheat crackers, round
Large carrots
Celery
Price Chopper Raisins

Mix together the cream cheese, sour cream and ranch seasoning. Spread a thin layer of the cream cheese onto the crackers that you will be using. Create a design on top of the crackers using fresh cut vegetables;

Sunshine Creation: Peel the carrot and cut off the ends. Slice the carrot so that you have one round carrot slice and place it in the center of the cream cheese covered cracker. Cut another section of the carrot into small, thin slices to create rays of sunshine to put around the round slice of carrot to complete a vegetable sunshine.

Butterfly Creation: Peel the carrot and cut off the ends. Wash and cut the ends of the celery. Slice the carrot so that you have two round carrot slices. Cut the round slices in half so that you have four semi-circles. Slice a thin piece of celery to serve as the center of the butterfly and place it onto the cream cheese. Place the semi circles, with the rounded part touching the celery to create four wings. Top the butterfly with a raisin head.

Quick Quesadilla by Jodie Fitz

Medium size whole grain tortillas or wraps (5" diameter)
Price Chopper Mexican cheese blend, shredded
Low salt taco seasoning
1 pound ground turkey
1 cup Price Chopper mild salsa
Zucchini, small
Mild taco sauce (optional)

Preheat the oven to 400°F.

Fully cook the ground turkey by browning it in a pan. Add the taco seasoning as directed on the package and set aside. Wash the zucchini and remove the ends. Shred it either by hand or in a food processor. Stir the zucchini and one cup of price chopper salsa together. Set aside.

Spread out 4 to 5 tortillas and evenly distribute ingredients creating layers; salsa mixture, meat and then top with the cheese. Finally, top with another tortilla. Bake on a non-stick pan for 5-7 minutes, until the cheese is melted and the tortillas are crunchy. Makes 4-5 servings.

For added fun, let the Quesadilla stand for a few minutes so that the cheese sets. Using a cake decorating utensil with a writing tip, add baseball lines onto the top of the quesadilla with taco sauce. If you don't have a cake decorating utensil fill a sandwich baggie with a ¼ cup of taco sauce and cut just a little slice in one corner in order to squeeze the taco sauce out gently to create the lines. Before serving, cut the quesadilla into wedges using a pizza cutter. This recipe is great served with a salad.

Mini Flower Pots by Jodie Fitz

3 oz. Price Chopper low fat strawberry yogurt
3 oz. Price Chopper low fat blueberry yogurt
3 oz. Price Chopper fat free whipped topping
1 package frozen mini fillo cups
Strawberries
Blueberries

Thaw the fillo cups for 10 minutes. Rinse the Strawberries, remove the greens and slice; set aside. Rinse the blueberries and set aside. In a bowl, mix both yogurts and the whipped topping together. Fill each fillo cup with the mixture. Lay the strawberries around the top as if they are pedals on a flower & top with a blueberry as the center of the flower. This recipe is a great dessert alternative, classroom treat, special occasion breakfast, perfect for tea parties and/or birthday party celebrations.

Note: Whipped topping can be eliminated.