

# Illinois Extension



## Animal Crackers on a Log

(serves 3)

This is a fun-to-build snack that kids can help with.

### Ingredients

2 stalks (about 9 inches) celery  
2 tablespoon low-fat cream cheese  
2 tablespoon unsalted peanuts, chopped  
12 animal crackers



### Directions

1. Wash hands with soap and water.
2. Gently rub celery under cool running water.
3. Trim off leafy top and white stalk base.
4. Fill center of each celery stalk with 1 Tbsp. cream cheese. Sprinkle with chopped nuts.
5. Place filled celery stalk on cutting board and cut into 3 equal pieces.
6. Push 2 animal crackers into the filling on each piece of celery.
7. Serve immediately or store in the refrigerator for up to 1-2 days.

**Nutrition Facts per serving:** 100 calories, 6g fat, 110mg sodium, 10g carbohydrate, 1g fiber, 4g protein

Recipe from Eat.Move.Save. through Illinois Extension.

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## Apple Tuna Salad

(serves 6)

There's lots of crunch in this tasty tuna salad.

### Ingredients

1 can (12 ounces) water packed tuna, drained (Tip 1)  
1 cup apples, unpeeled, diced (Tip 2)  
1/2 cup celery, chopped  
1/4 cup nuts, chopped  
1/2 cup low-fat mayonnaise or plain yogurt



### Directions

1. Wash hands with soap and water.
2. Gently rub produce under cool running water.
3. Combine all ingredients and chill.
4. Serve on lettuce or in a sandwich.

**Tip 1:** You can also try this recipe with canned chicken instead of tuna.

**Tip 2:** We recommend using a snacking variety of apple such as Honeycrisp, Gala, Granny Smith, Fuji, or Pink Lady

**Nutrition Facts per serving:** 170 calories, 10g fat, 380mg sodium, 5g carbohydrate, 1g fiber, 14g protein

Recipe from Eat.Move.Save. through Illinois Extension.

## Cheesy Rice and Tomatoes

(serves 6)

Serve this simple side dish with a protein of your choice.

### Ingredients

2 tablespoon oil  
1 medium onion, chopped  
3 stalks celery, chopped  
1/2 green pepper, chopped  
1 can (28 ounces) diced tomatoes, drained  
3 cup cooked rice  
1/2 cup finely shredded low-fat Cheddar cheese



### Directions

1. Wash hands with soap and water.
2. Gently rub produce under cool running water, then chop.
3. Prepare rice according to package directions.
4. Heat oil in skillet over medium heat.
5. Add onion, celery, green pepper and cook slowly until tender.
6. Add tomatoes, cooked rice, and shredded cheese.
7. Cover and cook on low heat until cheese melts and mixture is hot.

**Nutrition Facts per serving:** 210 calories, 6g fat, 420mg sodium, 33g carbohydrate, 4g fiber, 6g protein

Recipe from Eat.Move.Save. through Illinois Extension.