



Fast and flavorful recipes

From breakfast and lunch to snacks and treats, try these easy ideas on busy school days.

APPLE SLICE NACHOS

Ingredients

- 1 apple
- ¼ cup plain yogurt
- 1 tablespoon toasted almonds, chopped
- 2 tablespoons toasted coconut
- 1 tablespoon mini chocolate chips
- 1 tablespoon honey

Instructions

1. Cut the apple into small wedges. (You can leave the skin on.) Arrange the apple slices flat on a plate.
2. Using a spoon, drizzle the yogurt in a zigzag pattern over the apples.
3. Scatter on the almonds, coconut, and chocolate chips.
4. Finish with a drizzle of honey. Eat immediately. Makes 2 servings.



**TAKE
YOUR PICK**
About 7,500 varieties
of apples are grown
throughout the world.

GREEK PASTA SALAD WITH YOGURT-DILL DRESSING

Ingredients

FOR THE DRESSING:

- ½ cup Greek yogurt
- 3 tablespoons mayonnaise
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 garlic clove, grated
- 1 tablespoon fresh dill
- 1 teaspoon kosher salt
- ¼ teaspoon black pepper

FOR THE SALAD:

- 1 (10-ounce) package tortellini
- Half of an English cucumber, cut into half moons
- 1 cup cherry tomatoes, halved
- ½ cup kalamata olives, halved
- 3 ounces feta, crumbled
- Half of a small red onion, sliced
- 1 teaspoon dried oregano
- Fresh dill, for garnish

Instructions

1. In a small bowl, stir together all the ingredients for the dressing. Set the dressing aside.
2. Cook the tortellini according to the package directions, then drain and rinse with cool water. Transfer to a large bowl.
3. Add the remaining salad ingredients to the bowl of tortellini and toss to combine. Drizzle with half the dressing and toss.
4. Garnish with fresh dill if you like. Serve with the remaining dressing on the side. The salad can be made up to 2 days ahead. Refrigerate until ready to eat. Makes 4–5 servings.





EVERYTHING EGG AND AVOCADO TOAST

Ingredients

- 3 eggs
- 4 slices whole grain bread, toasted
- 2 medium avocados
- 2 tablespoons everything bagel spice

Instructions

1. Fill a large pot with an inch of water and place a steam basket in the bottom. Cover and bring the water to a boil. Carefully place the eggs inside the basket and steam, covered, for 13 minutes.
2. While the eggs cook, fill a large bowl with at least 3 inches of ice water. Use tongs or a strainer to transfer the eggs to the ice bath once cooked.
3. Tap the wide end and the sides of an egg on your work surface to crack it. Roll it back and forth on its side to make more cracks. Starting at the wide end, peel the egg. Repeat with the remaining eggs, then slice each of the eggs crosswise.
4. Halve and peel the avocados. Use the tines of a fork to mash half of an avocado onto each slice of toast. Top each slice with ¼ of the egg slices, and sprinkle with bagel seasoning. Serve immediately with the remaining seasoning on the side. Makes 4 servings.



STRAWBERRY PASSION FRUIT SMOOTHIE

Ingredients

- ½ cup almond milk
- ¼ cup Greek yogurt
- 1 ripe banana
- 1 cup frozen strawberries
- ½ cup frozen passion fruit or ⅓ cup fresh pulp
- 1 to 2 tablespoons honey

Instructions

1. Place the almond milk, yogurt, banana, strawberries, passion fruit, and 1 tablespoon honey in a blender.
2. Puree until smooth.
3. Taste and adjust sweetness with more honey if desired. Serve immediately. Makes 2 servings

WARNING!

Ask an adult's permission before using a knife, stove, oven, or blender for any recipes on these pages.

DID YOU KNOW?

California and Florida are the top two strawberry-producing states in the US.



How to...



PINEAPPLE UPSIDE-DOWN PANCAKES

Ingredients

- 8 canned pineapple slices, drained and patted dry
- ½ cup light brown sugar
- 1½ cups flour
- ¾ teaspoon kosher salt
- 2 teaspoons baking powder
- 1 cup whole milk
- 2 eggs, lightly whisked
- 1 teaspoon vanilla extract
- 3 tablespoons melted butter, plus more for cooking
- 4 maraschino cherries, halved
- Maple syrup, for serving

WOW!

The largest pancake certified by Guinness World Records was more than 49 feet across and weighed 6,614 pounds.

Instructions

1. Using half of the brown sugar, sprinkle some onto each pineapple slice on each side. Cook (in batches if needed) in a 12-inch nonstick skillet over medium heat until golden on both sides, about 3 minutes per side. Transfer to a plate.
2. In a medium bowl, whisk together the flour, the remaining brown sugar, salt, and baking powder.
3. Add the milk, eggs, vanilla, and butter and whisk to fully blend.
4. Wipe the pan clean. Place it over medium heat and brush with butter. Add two pineapple slices several inches apart. Place a cherry half on each.
5. Spoon ¼ cup batter over each slice (it will spread over the edges a bit). Cook pancakes until they are bubbly and set around the edges.
6. Flip and continue to cook until golden, then transfer to a plate and cover with a clean kitchen towel. Repeat with remaining fruit and batter. Serve immediately. Makes 8 pancakes.

DOT CAKES

Ingredients

- 1 (15- to 16-ounce) box vanilla cake mix
- Vegetable oil (per cake mix directions)
- Eggs (per cake mix directions)
- 1 (16-ounce) can vanilla frosting
- ¼ cup nonpareils
- 8 (6-ounce) ramekins

TASTY TREND

Dot cakes have gone viral on social media this year, garnering millions of views online.

Instructions

1. Heat the oven to 350° F and coat a 9- by 13-inch baking pan with cooking spray. Use the cake mix, oil, and eggs to make the cake batter according to the package directions. Pour the batter in the prepared pan, then bake until a toothpick inserted in the center comes out clean, about 20 minutes. Let cool completely on a rack.
2. Use a 3-inch round cookie cutter to cut 8 circles from the cake. Press a cake portion into each ramekin. Dollop and spread enough frosting in each ramekin to reach the rim. Use the smooth edge of a butter knife or offset spatula to level the tops.
3. Fill a bowl or rimmed plate with the sprinkles. Dip the top of each cake into the sprinkles and set aside. Refrigerate until ready to eat. Makes 8 cakes.





SESAME BAGEL KEBABS

Ingredients

- 1 sesame seed bagel, halved
- 1 heaping teaspoon Dijon mustard (optional)
- 2 slices deli turkey
- 1 leaf lettuce
- 1 slice cheddar
- 6 cherry tomatoes
- 6 cornichons
- 3 (8- to 10-inch) skewers

Instructions

1. Spread the top half of the bagel with mustard if using. Layer the turkey, lettuce, and cheddar on the bottom half. Add the bagel top, then slice the sandwich into 6 equal portions.
2. Add a bagel portion to each skewer, then thread on a cornichon, followed by a cherry tomato. Repeat the layers on each one once more.
3. Wrap kebabs loosely in foil or parchment, and put them into a lunch box with a frozen ice pack. At lunchtime, slide a bagel portion off the skewer to eat like a mini-sandwich, then slide off a tomato and cornichon to enjoy. Makes 3 skewers.

PEANUT BUTTER CHOCOLATE SMOOTHIE

Ingredients

- 1 tablespoon chocolate sauce
- 2 tablespoons peanut butter
- 2 whole pitted dates
- $\frac{1}{4}$ cup Greek yogurt
- $\frac{3}{4}$ cup oat milk
- 1 cup ice

Instructions

1. Place all the ingredients for the smoothie in a blender.
2. Puree until smooth. Serve immediately. Makes 2 servings.

THAT'S NUTTY!

It takes approximately 540 peanuts to make one 12-ounce jar of peanut butter.

