

For Kids! Peanut Butter-Apple-Raisin Sandwich & Steamed Broccoli ~ choose one side item to complete your meal

Peanut Butter-Apple-Raisin Sandwich

4 servings

8 slices	Whole wheat sliced bread
½ cup	Peanut butter
2 medium	Apples, cored and sliced thinly
½ cup	Raisins



Lay out bread slices on a clean kitchen counter, cutting board, or plate. Spread 2 tablespoons peanut butter onto one side of 4 slices of bread. Place raisins and apple slices on top of peanut butter. Close each sandwich with a second slice of bread. Cut sandwiches into fourths from corner-to-corner, making small triangles. Serve 4 triangles.

Note: One half sandwich, or 2 triangles, is a moderate portion for children 10 years and under.

- **Sliced whole wheat bread on sale**
- **Peanut butter on sale**
- **Raisins**
- **Fresh apples on sale**
- **Fresh crown broccoli on sale**

Sandwich Recipe Nutrition per serving

429 calories; 16 gm protein; 56 gm carbohydrate; 18 gm total fat; 4 gm saturated fat; 0 trans fat; 0 cholesterol; 9 gm fiber; 417 mg sodium

To Make Steamed Broccoli: Wash broccoli and cut into spears or bite-size pieces. Place in a saucepan and add about 1-inch water. Or place in microwavable dish and add ½ inch water. Cook until tender-crisp.

Side Items:

1. Steamed Fresh Cabbage – Affordable, staple ingredient: Fresh cabbage, red or green, or a mixture of red and green.

To Make: Wash fresh cabbage in tap water. Get out a cutting board and knife and then cut thin strips of cabbage. Cut into 2 inch length pieces and place in a saucepan. Add 1/4-1/2 cup water and a lid. Cook on medium heat until cabbage is fork-tender. Drain water, drizzle with a tiny bit of olive oil, and dust with salt and/or pepper to taste.

2. Lemony Cauliflower or Broccoli – Affordable, staple ingredient: Lowes Foods Brand frozen cauliflower or broccoli spears.

To Make: Cook frozen cauliflower or broccoli according to package directions. Drain water. Sprinkle grated lemon zest (lemon's outer skin) over the top. Dust with salt and pepper to taste.

3. Grilled Sweet Potato Chunks – Affordable, staple ingredient: Fresh sweet potatoes.

To Make: Wash potatoes well in cool tap water. Cut into large, bite-size chunks. Measure sheets of aluminum foil about 10 x 12 inches large and then spray lightly with cooking oil spray. Place 4-6 potato chunks in the center of the foil and add a tiny bit of butter, salt and pepper. Fold 2 ends of the foil up to make a tent and pinch closed. Close other 2 ends of foil. Place on grill at medium high heat for 8 -12 minutes, until tender when poked with a fork.

Note: May cook potatoes in a 400 degree oven (foil packets on a baking sheet) rather than on the grill.