



Recipes for Success



Valentine Fruit & Veggie Platter with Dilly Dip

Show your fruits and veggies how much you love them by serving them up with heart!

Make a heart shaped fruit and veggie platter out of red veggies and fruit. Include foods like apples, strawberries, cherries, plums, red pepper, tomatoes, grapes, etc. Serve with “Dilly Dip”.

Dilly Dip Recipe

Equipment Needed

Cutting board
Chopping knife
Mixing spoon
Measuring spoons

Ingredients

1 cup	cottage cheese
½ cup	plain yogurt
1	green onion
¼ tsp.	dried dill weed
¼ tsp.	lemon juice
Pinch	salt
Pinch	pepper



Instructions

1. Finely chop green onions.
2. Mix together green onion, cottage cheese, yogurt and spices in a bowl.

Happy Valentines Day!

Dip recipe courtesy of: Kids in the Kitchen: How to set up your kids' cooking club. 2002.

Suggested Tasks for Children:

- Arrange the vegetables and fruits into a heart shape
- Mix ingredients for dip
- Help clean up



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