

SERVE UP FUN

Fun ways to serve veggies
and fruits for your Student
Nutrition Program

BY THE ONTARIO STUDENT NUTRITION PROGRAM

A collection of serving ideas and recipes to help you serve items in your student nutrition programs

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Content

- Apples.....1
- Applesauce.....1
- Asparagus.....1
- Bananas.....1
- Blueberries.....1
- Broccoli.....1
- Cantaloupe.....2
- Carrots.....2
- Cauliflower.....2
- Celery.....2
- Cherry Tomatoes.....2
- Clementine.....2
- Cucumbers.....2
- Grapes.....3
- Kiwi.....3
- Mango.....3
- Mini Carrots.....3
- Mushrooms.....3
- Oranges.....3
- Pears.....3
- Peppers.....4
- Plums.....4
- Pineapple.....4
- Strawberries.....4
- Sugar Snap Peas.....4
- Watermelon.....5
- Zucchini.....5
- Recipes.....6

Note: Please make sure you are thoroughly washing all produce prior to preparing! Check out www.unlockfood.ca for Everyday Tips!

Apples

- Serve whole, sliced, or cored and cut into rings
- Grate leftover apples for use in muffins
- Dice apples and mix with a small amount of cinnamon to top yogurt
- Serve with Chocolate Dip (made with black beans!) – see recipe
- Cooked cinnamon apples (served warm)
- Apple slices with cheese slices

TIP: To prevent apples from browning, dip them in a bath of water with a touch of lemon juice!

Applesauce

- Top with toasted oats or nut-free granola to make a parfait with a sprinkle of cinnamon

Asparagus

- Cut into sticks and serve raw with dip
- Roast – Preheat oven to 425F. Place asparagus on a baking tray lined with foil, drizzle with olive oil and season with salt, pepper, garlic and/or lemon juice. Roast for 10 minutes.
- Blanch – Drop asparagus into boiling water, cover and cook for 3–5 minutes. Drain and rinse asparagus with cold water to stop cooking. Can be served with dip after blanching.

Bananas

- Banana slices served in cereal cups with milk
- Banana slices with cinnamon or yogurt
- Freeze leftover bananas for use in baking

Blueberries

- Serve on their own, or on top of yogurt with a sprinkle of cereal or granola to make a parfait
- Blend with banana, yogurt and milk to make a delicious smoothie
- Freeze extra blueberries to use for muffins or in pancakes

Broccoli

- Serve raw with dip
- Chop into small florets and mix with your choice of diced cheese, halved grapes, dried cranberries, red onion and sunflower seeds to make a Broccoli Salad. For an easy dressing, mix ¼ cup plain Greek yogurt, ¼ cup mayo, 1 tbsp of apple cider vinegar, and 1 tbsp honey – this makes enough to cover about 4 cups of broccoli.

Cantaloupe

- Serve in wedges or diced, or use a melon baller for different shapes
- Use leftover cantaloupe blended with yogurt to make a smoothie
- Freeze cantaloupe chunk and blend in a food processor to make a sorbet

Carrots

- Serve cut into sticks. If available, use a wavy cutter to add interest.
- Grate extra carrots to add into wraps - one popular combination is a whole wheat wrap with diced spinach, grated carrots, grated cheese and a salad dressing
- Grate carrots to make carrot muffins

Cauliflower

- Serve raw with dip
- Cut up into small florets and substitute for broccoli (see above broccoli salad recipe)
- Roast: Toss cauliflower florets with olive oil and garlic and place on a baking sheet. Sprinkle with thyme or other herbs and toss again. Roast until golden and tender, about 20 minutes.

Celery

- Slice and serve sticks
- Spread with hummus and top with raisins or dried cranberries to make Ants on a Log

Cherry Tomatoes

- Make a simple pasta salad with whole grain rotini, diced tomatoes and cucumber, and Italian or Greek salad dressing (also good with a bit of feta cheese!).

Clementine

- Serve whole or peel and break apart segments
- Serve with vanilla yogurt dip

Cucumbers

- Peel in stripes for a fun effect
- Serve cut into sticks or slices
- For a more involved snack, serve slices on whole grain crackers with cream cheese or sliced thinly in wraps with cheese
- Cucumber salad: Slice and quarter cucumbers and mix with a pinch or two of fresh chopped or dried dill and cucumber salad dressing

Grapes

- Serve as is or on skewer sticks to make kebabs

TIP: Slice grapes in half, lengthwise, to prevent choking in younger students

- Freeze them: Wash and dry well on paper towel. Freeze on a baking sheet in a single layer for 4-5 hours (not more than overnight as they will lose some flavour). Enjoy right out of the freezer for a refreshing snack.

Kiwi

- Kiwi can be served in slices or just cut in half and served with a spoon
- Make a kiwi parfait by layering yogurt, diced kiwi and granola or cereal in cups
- Make a strawberry kiwi smoothie - blend kiwi chunks, strawberries, yogurt and milk until smooth

Mango

- How to Cut a Mango: <https://www.realsimple.com/food-recipes/cooking-tips-techniques/preparation/cut-mango>
- Blend with yogurt, milk, banana and spinach for a delicious smoothie

Mini Carrots

- Serve raw with dip, such as hummus, or by themselves

Mushrooms

- Serve raw with dip
- Top English muffin pizzas with sliced mushrooms

Oranges

- Serve in wedges
- Peel, dice and serve on top of yogurt
- Peel, dice and serve blended into a smoothie with mango, banana and yogurt
- Serve diced on top of oatmeal

Pears

- Serve in slices with or without yogurt dip
- Dice and serve on top of yogurt with a sprinkle of cinnamon (and could add some granola) or slice in half and use as the base of a snack by topping with yogurt and sprinkling with sunflower seeds/granola and cinnamon
- Try adding thin slices of pear to grilled cheese sandwiches

Peppers

- Slice into strips and serve with hummus
- Make Bell Pepper Boats: Blend goat cheese with fresh chives, and then pipe with a frosting piping bag onto pieces of bell peppers
- Top a whole grain English Muffin with cheese and a ring of pepper and cook to make pepper pizzas
- Make pepper nachos - place strips of peppers on a baking sheet and top with shredded cheese. Bake until cheese is melted (less than 5 min!).

Plums

- Serve whole
- Cut into slices and serve with yogurt dip
- Blend into smoothies with other fruits, yogurt and milk
- Make a Plum Parfait - dice plums and serve on yogurt with nut-free granola/cereal topper

Pineapple

- Cut into strips or cubes
- Make pineapple popsicles by stacking cubes on kebab sticks
- Serve on cottage cheese for a tasty sweet and salty mix
- Make a sunny smoothie by blending pineapple, oranges, and mango with milk and yogurt
- Make a pineapple sherbet by blending 2 cups of frozen pineapple chunks with ½ cup milk in a food processor (slowly add the milk while processing until it reaches a sherbet consistency)

Strawberries

- Wash and serve with stems on or with stems removed
- TIP: If serving with stems on, take extra care to wash and remove any grit
- Dice and serve on yogurt
 - Make a simple chocolate yogurt dip to serve with them: mix 1 cup of plain yogurt with 1/8 cup unsweetened cocoa powder, 1 tbsp maple syrup and 1/4 tsp vanilla extract

Sugar Snap Peas

- Serve raw with or without dip
- Sauté: Heat olive oil in a large pan over medium-high heat. Add the sugar snap peas and sauté, tossing occasionally for 3-5 minutes, until the peas are crisp tender.

Watermelon

- Serve cut into strips or cubes, or in sections eaten off the rind
- Push popsicle sticks into triangles to make watermelon pops
- Blend with a bit of lime juice to make a refreshing drink
- Make a smoothie with watermelon cubes, banana, strawberries and yogurt

Zucchini

- Serve raw cut into cubes, coins, slices, spirals or sticks
- Grate and mix into muffins

Food Safety First!

All current Food Safety and Safe Food Handling procedures should be followed when preparing and serving food within your Student Nutrition Program(s). Please connect with your local Public Health Unit for up-to-date guidelines.

Food Safety is your responsibility. Contact your local Public Health Inspector for information and training opportunities.

BONUS RECIPES

Greek Spinach Dip

Makes 28-1 tbsp servings

- 250mL (1 cup) plain Greek yogurt
- 1 package of frozen spinach
- ¼ cup crumbled feta cheese
- 1 clove minced garlic
- ¼ cup chopped fresh dill

Thaw spinach and squeeze with paper towel to remove moisture. Mix all ingredients in a bowl until combined.

Hummus

Makes 20-1 tbsp servings

- 1 can (500mL) canned chickpeas, drained, liquid reserved
- 1 tsp salt
- 4 garlic cloves minced
- 1/3 cup tahini (sesame paste) – check to ensure does not contain nuts
- 6 tablespoons lemon juice
- 2 tablespoons water or liquid from the chickpeas

Blend all ingredients in a food processor until smooth.

Adapted from: <https://barefootcontessa.com/recipes/hummus>

Emily's Zippy Dip – From EatRight Ontario

Makes 16-1 tbsp servings

- ½ cup hummus
- ½ cup salsa
- 2 tbsp plain yogurt

In a bowl, stir together hummus, salsa and yogurt until well blended. Serve with raw veggies, whole grain crackers or pita bread. Makes 1 cup.

Tzatziki

Makes 25-1 tbsp servings

- 1 cup Greek yogurt
- 1 cucumber
- 1 clove minced garlic
- 30mL (1 tbsp) chopped fresh dill
- 30-60mL (1-2 tbsp) lemon juice

Grate cucumber and squeeze with paper towel to remove moisture. Mix all ingredients in a bowl until combined.

Chocolate Dip - Recipe from Zorra Highland Park PS

Makes 16 servings

- 1 can of black beans (398 ml) rinsed
- 4 Tbsp maple syrup
- ½ tsp vanilla extract
- ¼ tsp salt
- 4 Tbsp unsweetened baking cocoa
- 2 Tbsp water (optional)

In a blender or in a food processor, combine all the ingredients, starting with the liquid. Puree until the mixture is smooth, about 30-60 seconds.

Maple Cinnamon Dip

Makes 16-1 tbsp servings

- 250mL (1 cup) of plain Greek yogurt
- 30mL (2 tbsp) pure maple syrup
- 2mL (½ tsp) ground cinnamon

In a bowl, stir together yogurt, maple syrup and cinnamon.

Recipe adapted from Super Healthy Kids at www.superhealthykids.com