

# APPLE CHICKEN SALAD



## INGREDIENTS

- 2 fresh apples, diced
- 1 tsp lemon juice
- 1/3 cup 100% apple juice
- 2 tbsp 100% orange juice
- 1/3 cup plain yogurt
- 2 cups. cooked chicken, diced
- 1 stalk celery, finely chopped
- 4 cups lettuce

## DIRECTIONS

1. Wash the apples, remove the cores and dice into small pieces. Stir the lemon juice into the apples
2. Combine apple juice and orange juice with the yogurt
3. In a large bowl, combine the cooked chicken, apples and celery. Stir in the yogurt/ jelly mixture
4. Serve over ½ cup bed of lettuce per child

**Serves: 8**

**Serving Size: ½ cup**

**1 Serving Vegetables and Fruit**

**½ Serving Meat and Alternatives**

*Make this a complete meal by serving with a slice of whole wheat bread and a glass of milk*

# CRANBERRY COUSCOUS



## INGREDIENTS

- 1 medium onion
- 2 celery stalks
- 2 cloves garlic
- 1 tbsp canola oil
- ½ tbsp dry rosemary
- ¼ tsp pepper
- 1 ½ cups 100% cranberry juice
- 1 cup couscous (yields 2½ cups cooked)
- ¼ cup dried cranberries



## DIRECTIONS

1. Chop the onions and celery. Remove the skins from the garlic cloves and chop or mince
2. On a stovetop over medium heat, cook the onions, celery, garlic and rosemary in the oil until softened (10 – 15 minutes). Stir often. Add the pepper
3. Add the cranberry juice and bring the mixture to a boil. Stir in the couscous. Remove from heat. Cover and let stand until the couscous has absorbed all the liquid
4. Fluff with a fork, removing all lumps and pieces that stick together. Stir in the dried cranberries



**Serves: 8**

**Serving Size: ½ cup**

**½ Serving Vegetables and Fruit**

**½ Serving Grain**

*Make this a complete meal by serving with grilled chicken and a glass of milk*

# APPLE & RICE CONFETTI SALAD



## DIRECTIONS

1. In a saucepan, bring water to a boil; add the rice. Cover, reduce heat, and simmer until the rice is tender and the liquid has been absorbed, about 35 – 40 minutes
2. Wash the apple, remove the core, and dice into small pieces
3. Chop the red pepper, green onions, celery and parsley
4. In a large bowl, combine the cooked brown rice with the diced apple and red pepper, green onions, celery, and parsley
5. Combine the ingredients for the vinaigrette in a jar or bowl; shake or whisk until slightly thickened. Stir into the rice mixture. Cool.
6. Wash and dry the lettuce. Serve in a bowl. For each serving, place ½ cup of the rice salad on a small bed of lettuce



**Serves: 8**

**Serving Size: ½ cup**

**½ Serving Vegetables and Fruit**

**½ Serving Grain**

*Make this a complete meal by serving with a glass of milk and your choice of meat and alternatives*

Adapted from Thrive for Five at School! A Guide for promoting Fruits and Vegetables

## INGREDIENTS

### *Rice*

- 1 cup brown rice
- 1 fresh apple
- 1/3 cup green onion, chopped
- 1 stalk celery, finely chopped
- 1/3 red pepper, finely chopped
- 2 tbsp chopped parsley
- 8 romaine lettuce leaves

### *Vinaigrette*

- 2 tbsp canola oil
- 2 tbsp apple cider vinegar
- 2 tsp lemon juice
- ¼ tsp ground cinnamon
- ¼ tsp salt
- ¼ tsp pepper