

HEALTHY RECIPE

APPLE NACHOS

YIELDS: 2-4 SERVINGS

PREP TIME: 15 MIN

TOTAL TIME: 20 MIN

Ingredients:

- 1 apple (your favorite kind!)
- 2 tbsp melted peanut butter, drizzle
- 2 tbsp caramel, drizzle
- 1/4 cup granola, sprinkle
- 2 tbsp mini chocolate chips

Directions:

1. Wash and dry apples, remove core, then cut into thin slices.
2. Layer apples on serving plate similar to what you see pictured.
3. Top with remaining ingredients - warm the nut butter and drizzle in circular motion over the apple slices. Top with mini chocolate chips and any other toppings you like. Add a dash of cinnamon if you'd like!



Notes:

This recipe is fun to make!

Enjoy a simple, healthy and delicious treat!

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HEALTHY RECIPE

NO BAKE VEGGIE PIZZA BITES

YIELDS: 6 SERVINGS

PREP TIME: 10 MIN

TOTAL TIME: 10 MIN

Ingredients:

- Naan (any flavor) or flat bread
- 1 tub cream cheese spread (any flavor will work but onion & chive is the best)
- 1/2 cup red bell pepper, diced
- 1/2 cup yellow bell pepper, diced
- 2 green onions, diced
- 1/2 cup broccoli, diced
- 3/4 cup shredded mild cheese

Directions:

1. Spread a medium layer of cream cheese on each slice of naan/flat bread, cover fully.
2. Sprinkle diced veggies onto cream cheese layer. Gently press veggies into cream cheese
3. Sprinkle cheese on top and gently press into again.
4. Cut into squares and serve.



Notes:

These No Bake Veggie Pizza Bites make for the perfect party appetizer, snack or lunch on a hot summer day! Quick and easy, only minutes to make.

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HEALTHY RECIPE

TURKEY ROLL UPS

YIELDS: 8-10 SERVINGS

PREP TIME: 15 MIN

TOTAL TIME: 20 MIN

Ingredients:

- 1 flat tortilla
- 1 Tbsp spread of your choice! (see notes)
- 3-4 slices of turkey or ham
- 1-2 slices of cheese
- lettuce



Directions:

1. Lay tortilla flat then spread on mustard or your spread of choice.
2. Add turkey, cheese, then lettuce.
3. Roll up tortilla then slice in half.

Notes:

This recipe is fun to make!

Spread ideas:

- mayo
- mustard
- dressing
- sour cream

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HEALTHY RECIPE

VEGGIE PIZZA IN THE OVEN

YIELDS: 4 SERVINGS

PREP TIME: 15 MIN

TOTAL TIME: 25 MIN

Ingredients:

- 1 regular hoagie roll
- 1 medium tomato
- 1 medium bell pepper
- 1 cup broccoli, florets
- 1/2 medium red onion
- 2 cup pizza sauce
- 6 ounce shredded mozzarella cheese



Directions:

1. Preheat oven to 400 degrees F.
2. Dice tomatoes, peppers, broccoli, and red onion: set aside.
3. Slice bread in half length wise and place on baking sheet.
4. Spread sauce on bread, sprinkle with cheese and add veggies.
5. Bake for 10minutes.

Notes:

This colorful veggie pizza comes together ultra-fast when you use a crusty French bread for the crust!

Other topping ideas: cherry tomatoes, spinach, olives, basil leaves, and more!

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