

HEALTHY RECIPE

CRESCENT ROLL UPS

YIELDS: 8 SERVINGS

PREP TIME: 10 MIN

TOTAL TIME: 22 MIN

Ingredients:

- 8 crescent rolls
- For each crescent:
- 1-2 slice of turkey or ham
- 1 tbsp of shredded cheddar cheese (sprinkle cheese on top - optional)



Directions:

1. Unroll crescent rolls from tube and separate into eight triangles.
2. In each triangle, place one folded up slice of turkey and one tablespoon of cheese.
3. Roll up crescent and seal the edges before baking.
4. Bake for 12 minutes
5. Let cool but serve while warm.

Notes:

With 1 minute of cook time left, you can add shredded cheese to the top if desired.

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HEALTHY RECIPE

LAYERED HUMMUS DIP

YIELDS: 12 SERVINGS

PREP TIME: 15 MIN

TOTAL TIME: 15 MIN

Ingredients:

- 1 carton (10 ounces) hummus
- 1/4 cup finely chopped red onion
- 1/2 cup greek olives, chopped
- 1 medium tomatoes, seeded and chopped
- 1 large English cucumber
- 1 cup crumbled feta cheese
- Baked pita chips



Directions:

1. Spread hummus into a shallow 10-inch round dish.
2. Layer onion, olives, tomatoes, cucumber and cheese on hummus. Refrigerate until serving.
3. Serve with pita chips

Notes:

Quick and easy and tasty! Use a flavored hummus for an extra layer of flavor.

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HEALTHY RECIPE

MEXICAN 7 LAYER DIP

YIELDS: 24 SERVINGS

PREP TIME: 15 MIN

TOTAL TIME: 15 MIN

Ingredients:

- 1 can refried beans, 16oz
- 1 packet taco seasoning
- 2 cups guacamole
- 1 small tub sour cream
- 1 cup shredded cheese, Mexican blend
- 1 cup shredded lettuce
- 1 roma tomato, chopped
- 1/4 cup sliced black olives
- green onions, chopped



Directions:

1. In a small bowl, stir together the refried beans and taco seasoning.
2. In a large tray, layer everything in this order: refried beans, guacamole, sour cream, shredded cheese, shredded lettuce.
3. Top with fresh tomatoes, black olives and green onions.
4. Serve with tortilla chips for dipping

Notes:

This dish is totally delicious and you don't have to cook anything!

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HEALTHY RECIPE

MOZZARELLA STICKS

YIELDS: 24 STICKS

PREP TIME: 30 MIN

TOTAL TIME: 37 MIN

Ingredients:

- 12 mozzarella string cheese sticks
- 1 large egg
- 1 cup flour
- 1 cup panko bread crumbs
- 1 tsp Italian seasoning
- 1/2 tsp garlic powder
- cooking spray
- marinara sauce for dipping

Directions:

1. Preheat oven to 400 degrees. Line baking sheet with wax paper and coat with cooking spray.
2. Place flour in a shallow bowl. In a separate bowl, whisk the egg. In a third shallow bowl, combine bread crumbs, italian seasoning and garlic powder.
3. Dip each cheese stick in the flour, then into the egg, then into the bread crumb mixture.



4. Place the breaded cheese sticks onto the baking sheet.
5. Bake for 6-8 minutes, until cheese is heated through and crumbs are golden.
6. Let cool 2 minutes then serve warm.

Notes:

Cut string cheese sticks in half to make 24 shorter pieces.

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HEALTHY RECIPE

HAM & PICKLE PINWHEELS

YIELDS: 8 BITES

PREP TIME: 10 MIN

TOTAL TIME: 10 MIN

Ingredients:

- 1 small tortilla
- cream cheese spread
- 1 baby dill pickles
- 2-3 ham slices (or any deli meat)



Directions:

1. Spread a thin layer of cream cheese on each tortilla.
2. Arrange a few slices of deli meat on the tortilla. Place dill pickles across the width of the tortilla.
3. Roll up tightly, then cut into one inch chunks and serve.

Notes:

These are great for an appetizer or snack, a party or even lunch!

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HEALTHY RECIPE

ULTIMATE VEGGIE TRAY

YIELDS: 8 SERVINGS

PREP TIME: 10 MIN

TOTAL TIME: 22 MIN

Ingredients:

- Mix and match as you please: broccoli, baby carrots, bell peppers, cherry tomatoes, cucumbers.
- Crackers and slices of your favorite cheese - optional
- Veggie dip



Directions:

1. Cut your vegetables into smaller pieces that are perfect for dipping.
2. Place a delicious veggie dip or two on the tray.
3. Then decorate with a variety of fresh veggies around the dip.
4. Keep in refrigerator until ready to serve.

Notes:

You can dress up your veggie tray to match any holiday season! Christmas tree, Thanksgiving turkey, Valentine's Day heart, etc.

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