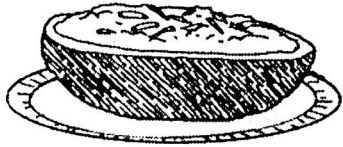




## Super Snacks for March



### Potato Pies

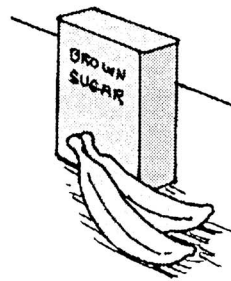
- 4 baking potatoes
- $\frac{1}{4}$  cup milk
- 1 Tbsp. butter or margarine
- Grated cheese
- Small pieces of cooked meat
- Vegetables

Bake the potatoes and cut them in half lengthwise. Scoop the potato from the skin, leaving the skin intact. Place the potato in a mixing bowl, along with milk and butter, and mash the potatoes. Let your child add small amounts of the desired cheese, meat, and vegetable ingredients to the mashed potatoes. Mix everything together, then scoop the mixture back into the potato skins. Place on a baking sheet and bake at 350°F for 10 minutes. MAKES 8 POTATO PIES.

*Hint:* To make green Potato Pies for St. Patrick's Day, add  $\frac{1}{4}$  cup chopped, cooked spinach to the potato mixture before adding the other ingredients.

### Sweet Banana Boat

Select a ripe, unpeeled banana and make a slit in it lengthwise (be sure to cut through the top layer of skin and the banana, but leave the bottom layer of skin intact). Carefully pull apart the skin and banana and pack 1 Tbsp. brown sugar in the slit. Close up the banana and cover it with plastic wrap. Freeze overnight. Allow the banana to thaw 1 to 2 hours. Open up the banana along the slit and eat the sweet fruit inside with a spoon.



### Green Salad

Toss alfalfa sprouts together with other all-green vegetables for a March or St. Patrick's Day treat. Suggested ingredients include lettuce, cucumbers, celery, green peppers, green onions, and zucchini. If you wish, serve with Green Goddess Dressing (recipe follows).

**Green Goddess Dressing**—Mix together  $\frac{1}{4}$  cup mayonnaise,  $\frac{1}{2}$  cup yogurt, 1 Tbsp. dried parsley,  $\frac{1}{2}$  tsp. chives,  $\frac{1}{2}$  tsp. basil,  $\frac{1}{2}$  tsp. salt, dash of garlic powder, and dash of pepper. MAKES  $\frac{3}{4}$  CUP.

