



## February 28- Eagle Nest

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/eagle-nest>

### Recipe

*Ingredients:*

- 2 canned peach halves
- 2 Tablespoons cottage cheese, low fat (1 ounce)
- 6 raisins

*Directions:*

1. Wash hands; get out ingredients and utensils.
2. Place one peach half, cut side up, in center of plate for nest.
3. Place 1 Tablespoon of cottage cheese in center of nest.
4. Place raisins on cottage cheese to make eggs.
5. Enjoy your Eagle Nest.

Yield 1 serving

### Nutrition Facts

Serving Size 2 eagle nests (227.37g)  
Servings Per Container 1

**Amount Per Serving**

**Calories** 130      **Calories from Fat** 0

**% Daily Value\***

**Total Fat** 0g      **1%**

Saturated Fat 0g      **1%**

*Trans* Fat

**Cholesterol** 0mg      **0%**

**Sodium** 125mg      **5%**

**Total Carbohydrate** 26g      **9%**

Dietary Fiber 3g      **11%**

Sugars 23g

**Protein** 5g      **10%**

Vitamin A 15%      •      Vitamin C 10%

Calcium 4%      •      Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet.