



May 12- Vegetable Snake

Smart Snack

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

Recipe

Ingredients:

- 1 cucumber, small
- 1 tomato, small

Directions:

1. Wash hands; get out ingredients and utensils.
2. Wash ingredients.
3. Use a sharp knife to slice the cucumber and tomato into thin slices crosswise.
4. Put cucumber slices on a small plate to form a snake.
5. Add 2 slices of tomatoes for eyes.
6. Enjoy your Vegetable Snake.

Yield 2 servings

Nutrition Facts

Serving Size 1 snake (212g)
Servings Per Container 2

Amount Per Serving

Calories 40 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 8g **3%**

Dietary Fiber 1g **6%**

Sugars 4g

Protein 2g **3%**

Vitamin A 15% • Vitamin C 20%

Calcium 4% • Iron 4%

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