

Vegetable Snake (Nannawaa' Sinti')



Price per recipe: \$0.90

Makes two vegetable snakes

Nutrition facts per serving:

25 calories, 0 g fat, 0 mg cholesterol,
0 mg sodium, 5 g carbohydrates,
2 g fiber, 2 g protein

You will need:

- 1 small cucumber
- 1 small tomato or 2 grape tomatoes
- Small plate
- Butter knife
- Sharp knife (adult use)

Options:

Be creative! Try to make the snake using other fruits or vegetables.

Instead of the cucumber slices, try carrot slices, tomato slices, celery slices, raisins or sliced berries. Low-fat or fat-free dressing or peanut butter could be added to the top for more flavor.

Adults:

Use a sharp knife to slice the cucumber and tomato into thin slices crosswise.

What to do:

1. Wash hands; get out ingredients and utensils.
2. Wash ingredients.
3. Put cucumber slices on small plate to form a snake.
4. Add two slices of grape tomatoes for eyes.
5. Enjoy your vegetable snake.



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