



Artful Snacks



by Marilyn LaPenta

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Making Artful Snacks

Get ready to make some of the yummiest snacks you'll ever put in your tummy! The delicious recipes in *Artful Snacks* are super easy to make. Many of them come with ideas for creating treats that are visually interesting as well as tasty. Once you make a recipe, try your own ideas for making the snack look like a work of art!

The great thing about making your own food is that you know exactly what goes into it. When you make your own snacks, for example, you can carefully choose healthy ingredients. You can limit items with **preservatives**, which are not always good for your body. You can also choose **low-fat** dairy products instead of full-fat items to make your snacks more heart healthy. Too many calories, especially from foods high in fat or sugar, may lead to **obesity**. Use the ideas on page 22 for making the healthy snacks in this cookbook even more nutritious.













Getting Started

Use these cooking and safety tips, as well as the tool guide, to make the best snacks you've ever tasted.

Tips

Here are a few tips to get your cooking off to a great start.

-  Quickly check out the Prep Time, Tools, and Servings information at the top of each recipe. It will tell you how long the recipe takes to prepare, the tools you'll need, and the number of people the recipe serves.
-  Once you pick a recipe, set out the tools and ingredients that you will need on your worktable.
-  Before and after cooking, wash your hands well with warm soapy water.
-  Wash fruits and vegetables with edible skins before using them in the recipes.
-  Put on an apron or a smock to protect your clothes.
-  Roll up long shirtsleeves to keep them clean.
-  Tie back or cover long hair to keep it out of the food.
-  *Very important:* Keep the adults happy by cleaning up the kitchen when you've finished cooking.

PREP TIME

TOOLS

SERVINGS

INGREDIENTS

RECIPE

10 Minutes Prep Time



2 Servings

Ingredients

1 English muffin	1 tablespoon vegetables cut into small pieces (for example, cut up zucchini, or red bell pepper, or mushrooms) (optional)
3 tablespoons tomato sauce	
2 tablespoons shredded mozzarella cheese	

Steps





- 1 Split the English muffin with your hands.
- 2 With help from an adult, toast the muffin halves in the toaster until light brown.
- 3 Put each half on the microwave-safe plate.
- 4 Spoon 1½ tablespoons of sauce onto each toasted muffin half, spreading it evenly.
- 5 Using your fingers, sprinkle cheese on top of the sauce.
- 6 Sprinkle the vegetables on top.
- 7 Heat in the microwave for 40 seconds or until the cheese melts.
- 8 Using pot holders, carefully take the plate out of the microwave, and ask an adult to cut each muffin into halves or quarters so that you can share this tasty snack with a friend.



Pizza means "pie" in Italian. The women of Naples, Italy, created pizzas over 300 years ago.

Be Safe

Cook safely by having an adult around to help with these activities:

-  Using a sharp knife or peeler
-  Using the stove, microwave, blender, food processor, toaster, or other electrical appliances
-  Removing hot pans from the oven (Always use pot holders.)
-  Frying foods on top of the stove (Keep the heat as low as possible to avoid burns from oil splatter.)

Tools You Need

Many of the recipes in this book require a stove, refrigerator, toaster, or microwave oven. Most recipes also require four or five other common kitchen tools.*

Sharp knife



Butter knife



Paring knife



Mixing spoon

Spoon



Wooden spoon

Serving spoon

Fork

Ice cream scoop



Scissors



Spatula



Masher



Small cookie cutters



Apple corer



Cutting board

Can opener

Colander



Measuring spoons

Measuring cups



Small bowl



Medium mixing bowl



Baking sheet



Small serving dish



Microwave-safe plate



9" X 9" baking pan



Double boiler (or 2 pots, one that fits inside the other)

Small plate



Serving bowl and tray



Medium frying pan



Pot



Stove



Toaster



Long toothpicks



Plastic wrap



Aluminum foil



Microwave



Pot holders



3-ounce paper cups



1-gallon plastic sealable bag



Wax paper



Blender



Tall glass

*If you do not have a particular tool, you can usually substitute another. For example, if you do not have a particular kind of knife or spoon—another kind will often work just fine.

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Read More

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Learn More Online

To learn more about making artful snacks, visit
www.bearportpublishing.com/YummyTummyRecipes

About the Author

Marilyn LaPenta has been a teacher for more than 25 years and has published numerous works for teachers and students. She has always enjoyed cooking with her students, her three children, and her three grandchildren. Marilyn lives in Brightwaters, New York, with her husband, Philip.

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Artful Snacks



When you make your own food, you are taking a giant step toward eating healthier. Plus, it's great fun!

The recipes in this book are all nutritious and dee-licious. Just follow the easy directions, and in no time at all, you and your friends will be enjoying fun-to-look-at, fun-to-eat snacks that are amazingly tasty works of art!

Artful Snacks

Super 'Wiches

Cool Cookies

Way Cool Drinks

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