

VALENTINE FOOD IDEAS

It is fun to share time together before a school break with a celebration. This is a great time of year to emphasize character education traits such as citizenship, caring and respect. Have a great time learning and laughing together and enjoying a healthy balance.

FRUIT JUICE GELATIN

Boil 1 cup of water, add ½ cup of grape juice and 1 packet of unflavored gelatin. Stir until dissolved. After it cools slightly, add another ½ cup of grape juice. Pour into heart shaped molds and refrigerate until firm. If you don't have heart shaped molds, you can pour the gelatin mixture into a baking pan and then cut out heart shapes with a cookie cutter after it is firm.

CHERRY OATMEAL MUFFINS

INGREDIENTS:

- 1 cup old-fashioned or quick-cooking oats, uncooked
- ½ cup all-purpose flour
- ½ cup whole wheat flour
- 1/2 cup firmly packed brown sugar
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon ground nutmeg
- 3/4 cup buttermilk
- 1 large egg, slightly beaten
- 1/4 cup vegetable oil
- 1 teaspoon almond extract
- 1 cup frozen tart cherries, coarsely chopped

(From Cherry Marketing Institute)

INSTRUCTIONS:

Put oats, flour, brown sugar, baking powder and nutmeg in a large mixing bowl; mix well. Combine buttermilk, egg, oil, and almond extract in a small bowl. Pour buttermilk mixture into oats mixture; stir just to moisten ingredients. Quickly stir in cherries (it is not necessary to thaw cherries before chopping and adding to batter.) Spray muffin pan with non-stick spray. Fill muffin-cups 2/3 full. Sprinkle with granulated sugar. Bake in a preheated 400 degree oven 15 to 20 minutes, or until golden brown.

Makes 12 Muffins

JUICY STRAWBERRY JIGGLERS

(www.mealmakeovermoms.com)

Makes 24 Jiggler Squares

INGREDIENTS:

- 1 1/2 cups strawberry kiwi juice, divided
- 1 cup frozen strawberries
- 2 envelopes unflavored gelatine
- 1 tablespoon granulated sugar

INSTRUCTIONS:

1. In a blender, blend together 1 cup of juice and the frozen fruit until smooth. Pour into a small saucepan and bring to a boil. Stir occasionally to break up any frothy bubbles.
2. Meanwhile, place the remaining 1/2 cup juice in a large bowl. Sprinkle the gelatine over the juice and let stand 1 minute. Add the hot juice and stir until the gelatine completely dissolves, about 5 minutes. Stir in the sugar.
3. Pour the mixture into an 8 x 8-inch pan. Refrigerate until firm, about 3 hours. To serve, cut into squares (use an off-set spatula to remove squares).

Nutrition Information per Serving (2 squares): 20 calories, 0g fat, 0mg sodium, 4g carbohydrate, 4g sugar, 1g protein, 25% vitamin C

HEART SHAPED MUFFINS

Don't worry if you don't have a heart mold. Use a regular muffin tin with liners and put a rolled up piece of tin foil to create a heart shape. Make a fruit or shredded vegetable muffin.

FRUIT KABOBS WITH YOGURT DIP

Take some in season fruit and place on a skewer or straw. Serve with your favorite flavor of low fat yogurt as a dip.

STRAWBERRY ROLL UPS

INGREDIENTS:

- Whole Grain tortilla
- Low fat strawberry cream cheese
- Sliced fruits

INSTRUCTIONS:

Spread the cream cheese on the tortilla, place slice fruits on top, roll up the tortilla. Cut each tortilla into slices and serve like a pinwheel.

BANANA STRAWBERRY SMOOTHIE

(www.mealmakeovermoms.com)

Makes 3 Servings

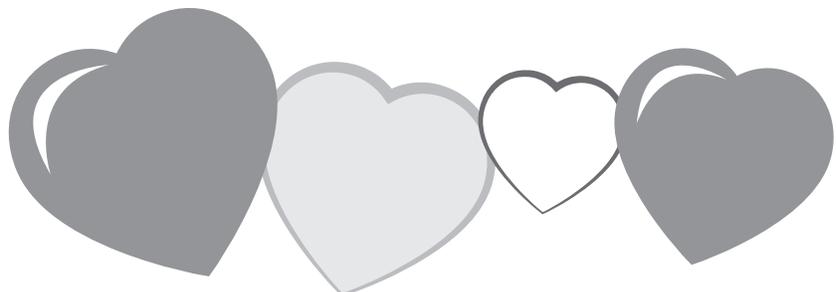
INGREDIENTS:

- 1 1/2 cups apple juice
- 1 cup frozen strawberries
- 1/2 cup lowfat strawberry yogurt
- 1/2 ripe banana

INSTRUCTIONS:

1. Place the juice, strawberries, yogurt, and banana in a blender. Blend until well combined. Pour into individual glasses and serve with a straw.

Nutrition Information per Serving: 130 calories, 1g fat (0g saturated), 35mg sodium, 29g carbohydrate, 2g fiber, 2g protein, 35% vitamin C



HEART SHAPED SANDWICHES

Make a low fat sandwich (such as turkey, ham, roast beef, reduced fat cheese, low fat cream cheese and vegetable or hummus) and cut out bite sized portions with a heart shaped cookie cutter.

YOGURT PARFAITS

INGREDIENTS:

- Low fat yogurt
- Low fat granola or cereal
- Fruit (fresh, frozen and canned in own juice)

INSTRUCTIONS:

Layer yogurt and fruit in a small cup. Top with low fat granola or low sugar cereal.

LIME 'N HONEY BLACK BEAN DIP

(www.mealmakeovermoms.com)

Makes 6 to 8 Servings

INGREDIENTS:

- One 15 1/2-ounce can black beans, drained and rinsed
- 1/3 cup salsa
- 1/4 cup light sour cream
- 2 tablespoons lime juice (juice of 1 lime)
- 1 tablespoon honey
- 1/2 teaspoon ground cumin
- 1/4 teaspoon chili powder
- 1/4 teaspoon garlic powder

INSTRUCTIONS:

1. Place the beans, salsa, sour cream, lime juice, honey, cumin, chili powder, and garlic powder in the bowl of a food processor and process until smooth and creamy.
2. Serve with baked tortilla chips or baby carrots.

Nutrition Information per Serving (1/4 cup): 60 calories, 0.5g fat (0g saturated), 180mg sodium, 13g carbohydrate, 3g fiber, 3g protein

CHOCOLATY BANANA POPS

(www.mealmakeovermoms.com)

Makes 4 Servings

INGREDIENTS:

- 1 cup 1% lowfat chocolate milk
- 1 ripe medium banana

INSTRUCTIONS:

1. Combine the chocolate milk and banana in a blender and blend until smooth. Pour into four 3-ounce popsicle molds and freeze until firm, about 3 hours. To remove the pops from the molds, run under warm water to loosen. If you don't have popsicle molds, divide the liquid between four paper cups. Cover each cup with foil, insert one craft stick through the center of each foil, and freeze.

Nutrition Information per Serving: 60 calories, 0g fat (0g saturated), 30mg sodium, 13g carbohydrate, 1g fiber, 2g protein

