

Red, White and Blue Salad

A salad pretty enough to salute!

2 servings

Ingredients:

- 1 slice watermelon, 1-inch thick
- 1/2 cup low fat vanilla yogurt
- 1/2 cup low fat blueberry yogurt

Directions:

1. Cut watermelon slice in half. Then cut each half into 5 wedges and cut off rind.
2. On a plate, arrange each group of 5 wedges into a star shape with the points out.
3. Spoon half of each flavor yogurt in center of each star.

Nutrition Facts: One serving provides 150 calories, 2g total fat, 5mg cholesterol, 70mg sodium, 29g total carbohydrate

Produced by the Family Nutrition Program within Family and Consumer Sciences, Kansas State University Research and Extension. This institution is an equal opportunity employer. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice

Red, White and Blue Salad
Tuna Fish Sandwich
Fresh Broccoli
Milk

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