



eat well, anytime,
anywhere

Cookie Monster's Favorite Salad

INGREDIENTS

¼ cantaloupe,
cut into bite-size pieces

1 large stalk celery,
sliced

2 cups blueberries

¼ cup reduced-fat
ranch salad dressing

lettuce leaves

1 cup favorite
crispy cereal

INSTRUCTIONS

» In a medium bowl, mix cantaloupe, celery, blueberries, and dressing until blended.

» Cover and refrigerate. Just before serving, arrange lettuce leaves in 4 salad bowls or on 4 plates. Spoon fruit mixture over lettuce.

» Top each serving with ¼ cup of cereal.

Makes 4 servings. Each serving provides 111 calories, 1.6 grams protein, 21 grams carbohydrate, 2.3 grams fat, 180 milligrams sodium, 3.2 grams fiber.

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Recipe courtesy of the National WIC Association

