### Ingredients
- 4 cups of cut cauliflower florets
- 4 cups of cut broccoli florets
- ½ cup of water
- 4 ounces of fat-free cream cheese, cubed
- ½ cup of plain low-fat yogurt
- ¼ cup of skim or 1 percent milk
- 1½ cups of shredded, reduced-fat, sharp cheddar cheese
- 10 crackers, crushed (about ½ cup)
- 3 tablespoons of grated Parmesan cheese

### Directions
1. Wash your hands and clean your cooking area.
2. Rinse the broccoli and cauliflower. Cut the florets into small “bite-size” pieces.
3. Place the vegetables and ½ cup of water in a large skillet. Cover the skillet with a lid and allow the vegetables to steam over high heat for 3 minutes or until they are tender.
4. Add milk to the skillet. Reduce the heat to low.
5. Cut the cream cheese into cubes and add them to the skillet. Allow the cream cheese to melt. Stir it occasionally.
6. Add the yogurt to the skillet. Stir to coat it.
7. Sprinkle the shredded cheddar cheese over the vegetables and allow it to melt.
8. Mix the cracker crumbs and Parmesan cheese; sprinkle the mixture over the vegetables.

### Nutrition Facts
- Serving Size 1/2 cup
- Servings Per Container 8
- Calories 110
- Calories from Fat 45
- % Daily Value:
  - Total Fat 8%
  - Saturated Fat 13%
  - Trans Fat 0%
  - Cholesterol 5%
  - Sodium 12%
  - Total Carbohydrate 3%
  - Dietary Fiber 8%
  - Sugars 3%
- Protein 9g
- Vitamin A 20% • Vitamin C 80%
- Calcium 35% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

### How the children can help:
Wash the produce, measure the ingredients, crush the crackers, mix the crushed crackers with the Parmesan, and sprinkle the cracker mixture over the vegetables.

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