

EAT

Learn, Grow, Eat & Go! EARLY CHILDHOOD week 3

Stems & Leaves: GARDEN KITCHEN

Dilly Spinach Dip with Celery Sticks*

Make and enjoy this
yummy, nutritious &
kid-tested recipe!



Ingredients:

- 1 (10oz.) package of finely chopped frozen spinach, thawed
- 6 oz. part skim Mozzarella cheese, shredded or grated
- 1 cup reduced fat or reduced sodium Parmesan cheese, grated
- 1 cup plain Greek yogurt)
- 1 (.7oz) package of Italian seasoning dry dressing mix



Garden Kitchen Directions

Have one precooked spinach dip cooled and ready to share once students complete steps below.

Guide students to:

1. Wash your hands and clean your cooking area.
2. Drain spinach well, pressing between paper towels.
3. Mix with remaining ingredients.
4. Pour mixture into greased baking dish.
5. Bake at 400 degrees for 20-25 minutes
6. Serve with celery sticks and crackers.

* This Garden Kitchen Recipe appears in Day 5 of the *Stems & Leaves* week!

PILOT DRAFT

JMG Early Childhood Pilot Curriculum Study

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