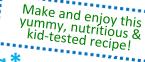




## Stems & Leaves: GARDEN KIICHEN

Dilly Spinach Dip with Celery Sticks\*





## 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.
- 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!



JMG Early Childhood Pilot Curriculum Study

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