



## Petite Veggie Crudités & Rémoulade

By Erin Fletter

**Prep Time** 10 / **Cook Time** / **Serves** 4 - 6

### Equipment

- Cutting board + kid-safe knife
- Large plate
- Small bowl
- Measuring spoons
- Whisk

### Ingredients

Petite Veggie Crudités & Rémoulade

- Pick 3 of your choice:
- 1 handful baby carrots
- 1 handful fresh green beans
- 1/2 bunch red radishes
- 2 to 3 stalks celery
- 1 cucumber
- 2 T plain yogurt **\*\* (for DAIRY ALLERGY sub soy or other dairy-free/nut-free plain yogurt)\*\***
- 2 T mayonnaise **\*\* (for EGG ALLERGY sub vegan mayonnaise)\*\***
- 1 squeeze of lemon juice
- 1 big pinch salt
- 1 tiny pinch ground black pepper

□ 1 pinch sugar

## Food Allergen Substitutions

### Petite Veggie Crudités & Rémoulade

**Dairy:** Substitute soy or other dairy-free/nut-free plain yogurt.

**Egg:** Substitute vegan mayonnaise.

## Instructions

### Petite Veggie Crudités & Rémoulade

#### intro

"Crudités" (cree-deh-TAY) and "rémoulade" (RAY-moo-laud) are French words. Crudités are raw vegetable appetizers served with rémoulade, a French dipping sauce.

#### chop + slice + arrange

Chop and slice your selection of **veggies** into bite-sized pieces, large enough to dip. Arrange on a large plate.

#### measure + whisk + dip

In a small bowl, measure and whisk together **2 tablespoons yogurt, 2 tablespoons mayonnaise, 1 squeeze of lemon juice, 1 big pinch of salt, 1 tiny pinch of black pepper,** and **1 pinch of sugar**. Dip your veggies in the rémoulade dip and enjoy!

## Featured Ingredient: Vegetables!

Hi! We're Vegetables!

"We're as varied as the humans, animals, and plants on our planet! We come in many different colors, sizes, shapes, and flavors, and we're also eaten in a variety of ways, alone or with other foods and either raw or cooked. Not only do we taste good, we're good for you! If you try a veggie you don't particularly like, there may be several others, or other ways of eating it, that you will like!"

Vegetables are edible plants or components of a plant that often accompany meat or fish in a main meal. The parts that can be eaten are flowers, fruits, leaves, roots, seeds, or stems.

Organic vegetables are certified to have not been grown in chemically-treated soil.

Vegetables are an essential part of the diet of any child and adult. Most vitamins and nutrients are contained within the vegetable's skin and the layer directly underneath it.

Vegetables are generally very low in fat and calories and excellent for healthy diets.

Frozen vegetables are just as beneficial to our health as fresh vegetables.

Various ways of cooking vegetables include roasting, baking, boiling, steaming, blanching, deep frying, stir-frying, sweating, grilling, and marinating.

Vegetables that are great when tossed with olive oil and roasted are carrots, broccoli, brussels sprouts, cauliflower, potatoes, and squash.

Green leafy vegetables, like collard and mustard greens, kale, spinach, and swiss chard, are very versatile for cooking. Cooking methods include baking, blanching, boiling, steaming, and stir-frying. They are also great in soups; kale and spinach are often eaten raw in salads.

The nutritional value of most vegetables decreases during the cooking process.

Vegetables come in all different sizes, shapes, and colors, such as green, purple, red, and yellow. The more colorful, the better they are for you!

Vegetables are one of the richest sources of essential vitamins, minerals, and nutrients for our health.

Eating our veggies can help to improve our immune systems and allow our bodies to fight against illness and disease, including cancer and heart disease.

Many vegetables provide a great source of vitamins A, C, and B. Doctors, scientists, and leading health experts recommend that kids eat multiple servings of vegetables and fruit daily.

Vegetables can give children more energy and the ability to concentrate and focus more clearly and for longer periods.

Vegetables can benefit our skin, teeth, nails, and hair and keep us looking and feeling young.

A balanced diet with lots of vegetables can help you lose weight or maintain a healthy weight and live a longer and healthier life.