



Butterfly Salad

Ingredients:

Lettuce leaf

2 Pineapple rings (both cut in half)

1 ounce Cottage cheese (about 1/8th cup)

Celery stick

Directions:

Place lettuce leaf on small plate

Place the celery stick in the center of the leaf

Place 2 pineapple half rings on one side of the celery and 2 on the other side

Fill the centers of the pineapple rings with cottage cheese

Variation: Add 2 raisins on top of each cottage cheese sections

Yield: 1 serving

Serving Size: Each serving provides a meat alternate at snack for children 3-5 years.