

with your food

Think your kid doesn't like spinach? Well, he's never tried it our way! Healthy eating's never been this much fun, thanks to these five playdate-friendly recipes.

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 photographs by **Alexandra Grablewski**

campfire crunch

Prep time: 10 minutes

- 3-4 green grapes, sliced in half
- 3-4 red grapes, sliced in half
- 1 slice cheddar cheese
- 2-3 medium carrots, finely sliced
- 6 pretzel sticks, broken into pieces

1. Place the grape halves, cut side down, in a small circle, about the size of a cup.
2. Use clean scissors to cut (or use your hands to rip) the cheddar cheese to look like flames. Gently press the cheese flames together so they stand up. Place them in the center of the grape fire pit. Lay the carrot pieces on the cheese, upright.
3. Place the pretzel pieces around the flames. Now sing a campfire song!

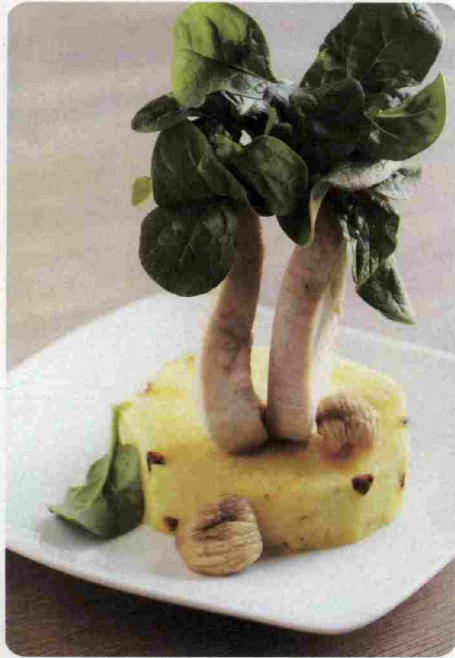
Serves 1

Per serving: calories 32, fat 11 g, protein 12 g, carbohydrates 48 g, dietary fiber 6 g



Styled by Lara Levine. Clothes, clockwise from far right: Navy and gray Estero printed tee by Loomstate. Red long-sleeve tee from giggle.com. Pink top by Clover New York. Necktie handmade in Africa. Red tee and striped pants from giggle.com. Gray sweater by Loomstate for Barneys. Gray under-shirt by H&M. Fruit romper by Under the Nile. Striped top from giggle.com. White tee with pink tree by Glug Baby. Necktie handmade in Africa.

palm tree paradise



Prep time: 30 minutes
Cook time: 20 minutes

- 2 teaspoons lime juice
- 1 teaspoon honey
- ¼ teaspoon ground cumin
- Pinch of garlic powder
- Salt and pepper
- 2 boneless, skinless chicken breasts
- 1½ cups water
- 1 pineapple, cut into 4 (1-inch thick) round slices
- ¼ cup cream cheese
- ¼ cup packed spinach leaves
- 8 dried figs

1. Preheat the oven to 400°. Combine the lime juice, honey, cumin, garlic powder, and salt and pepper in a bowl.
2. Place the chicken in a small baking dish. Pour the lime juice mixture over the chicken, then add the water to the baking dish. Bake for 18 to 20 minutes, until the chicken is thoroughly cooked.
3. Slice each chicken breast into 4 long pieces. Push a skewer lengthwise through each chicken piece to form tree trunks.
4. Stick 2 chicken skewers into each pineapple slice. Dance the hula with the spinach leaves, then use the cream cheese to stick the leaves onto the chicken tree trunks. Place 2 figs under each tree for coconuts.

Serves 4

Per serving: calories 406, fat 18 g, protein 16 g, carbohydrates 50 g, dietary fiber 5 g

high note nibbles

Prep time: 20 minutes

- ½ cup plain yogurt
- 1 Granny Smith apple, cored and diced
- 1 tablespoon packed light brown sugar
- 1½ teaspoons lemon juice
- Pinch of garlic powder
- Pinch of ground coriander
- Pinch of ground cinnamon
- 2 tablespoons honey
- 1½ cups shredded rotisserie chicken
- 1 medium carrot, diced
- 4 slices whole wheat bread
- 2 slices dark rye or pumpernickel bread



1. Combine the yogurt, apple, brown sugar, lemon juice, garlic powder, coriander, and cinnamon in a bowl. Mix in honey, chicken, and carrot.
2. Make 2 sandwiches on the whole wheat bread and 1 sandwich on the rye or pumpernickel bread.
3. Cut the crusts off all the sandwiches, then cut the whole wheat sandwiches into 1-by-2½-inch slices. Cut the rye sandwich into ½-by-1¼-inch slices.

4. Arrange the "white keys" side by side on a platter, and the "black keys" on top and in between the white keys to look like a keyboard. Pretend to play the piano before digging in!

Serves 2

Per serving: calories 519, fat 7 g, protein 43 g, carbohydrates 73 g, dietary fiber 9 g

the very hungry caterpillar Inspired by the book by Eric Carle

Prep time: 20 minutes

- ½ avocado, peeled, pitted, and thinly sliced
- 1½ teaspoons packed light brown sugar
- 1 tablespoon light coconut milk
- 2 tablespoons diced mango
- ¼ cup shredded rotisserie chicken
- ½ teaspoon lime juice
- 1 tablespoon light soy sauce
- 1 (6-inch) piece rice paper
- Pretzel sticks**
- 1 plum tomato
- 2 dried currants
- 2 thin carrot sticks

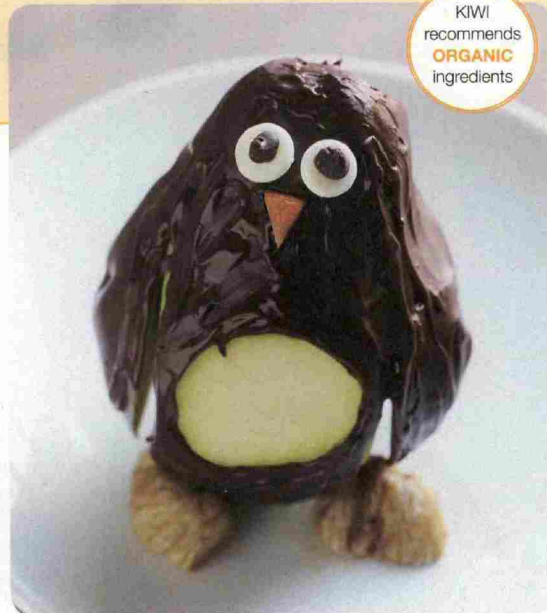
1. Combine the avocado, brown sugar, coconut milk, mango, chicken, lime juice, and soy sauce in a mixing bowl. Let sit for 5 minutes.
2. Fill another bowl with warm water and place the rice paper in the bowl. Let it sit until the rice paper is soft and almost invisible. Remove the rice paper from the water. Let it sit on a clean plate for 1 minute. Don't worry if it's kind of sticky—it should be.
3. Place the avocado mixture on the lower center of the rice paper. Fold the outside in and roll the bottom of the paper up to form a log shape. Carefully slice the log into 5 equal pieces. This is the caterpillar's body. Place pretzel sticks around the body for legs.
4. To make the caterpillar's head, carefully slice off one-third of the tomato. This piece will be the bottom part of his head. Balance the other side of the tomato on top to make a goofy grin.
5. Use a toothpick to poke eyeholes in the tomato head and press in the currants for eyes. Poke 2 more holes on top of the head and push in the carrot sticks for the antennae. Enjoy your hungry caterpillar before he turns into a butterfly!



Serves 2

Per serving: calories 194, fat 11 g, protein 8 g, carbohydrates 28 g, dietary fiber 4 g

KIWI recommends **ORGANIC** ingredients



pear penguin

Prep time: 25 minutes

Cook time: 2 minutes (just to melt chocolate)

- 2 mini chocolate chips
- 2 white chocolate chips
- 1 pear
- 3 tablespoons chocolate chips, melted
- 1 thin slice of baby carrot, cut into a small triangle
- 1 fig, cut in half diagonally

1. Push the mini chocolate chips in the center of the white chocolate chips to form eyes. Now waddle like a penguin twice around the table.
2. Even though penguins can't fly, they still need wings. Use a butter knife to carefully cut a slice in both sides of the pear to form wings, making sure to keep the tops of the slices attached to the pear.
3. Use a peeler to shave off the pear skin to create a white tummy.
4. Use a pastry brush to paint chocolate everywhere but his stomach. Use a toothpick to notch a spot for each of the eyes and the carrot beak. Insert the eyes and carrot beak. Place the fig halves for feet.

Serves 1

Per serving: calories 299, fat 9 g, protein 2 g, carbohydrates 55 g, dietary fiber 9 g

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