

Ziploc[®] BRAND

tasteofhome[®]

PHOTO
OF EVERY
RECIPE

healthy lunch box

IDEAS

yum! →
PEPPER DIP
MAN P. 15



22
FRESH,
FAMILY
FAVORITE
RECIPES

Easy solutions
for busy moms!



Healthy. Fresh. Savings.

(That's a lot to pack into one lunch.)



creative lunch-box solutions for busy moms



p. 15



p. 6

Packing healthy, delicious lunches for your family members is a great way to show them how much you care and save money. Taste of Home and Ziploc® Brand Products have teamed up in this handy guide to share convenient recipes and tips.

On the pages ahead, you'll discover 22 fun, deliciously different recipes that will inspire your children to eat a wholesome midday meal. Each one includes a color photo and nutrition facts. These recipes come from the readers of *Taste of Home*, the World's #1 Cooking magazine, who are busy moms, just like you.

There are dozens of ideas on how to make packing a delicious lunch a budget-friendly alternative to paying for hot lunch, and you'll find innovative solutions for protecting and transporting the lunch foods. Ziploc® Brand offers quality products and value with the trusted Ziploc® Brand seal.

Start the new school year off right by sending your kids to class with convenient, delicious, healthy lunches they'll request time and again. You'll feel good knowing your love will show when they open their lunch bags.

TABLE OF CONTENTS

Yummy Sandwiches & More	2
Super Salads & Sides	14
Tummy-Tempting Treats	19



raisin bagel stackers

YIELD: 2 servings.

This stacked sandwich began by accident when I ran out of bread and replaced it with a bagel. My husband and I both think the raisin bagel adds the perfect touch of sweetness.

—CYNTHIA DEKETT, LYNDONVILLE, VERMONT

- 2 cinnamon raisin bagels (3-1/2 inches), split
- 4 teaspoons reduced-fat cream cheese
- 4 lettuce leaves
- 1/4 pound shaved deli smoked turkey
- 2 fresh dill sprigs
- 2 green onions, sliced
- 2 slices (1/2 ounce each) reduced-fat Swiss cheese
- 4 thin tomato slices
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 2 teaspoons reduced-fat mayonnaise

- Lightly toast bagels; spread cream cheese on bottom halves. Layer with the lettuce, turkey, dill, onions, cheese and tomato. Sprinkle with salt and pepper. Spread mayonnaise on top halves of bagels; place over tomato.

NUTRITION FACTS: 1 sandwich equals 321 calories, 5 g fat (2 g saturated fat), 32 mg cholesterol, 1,029 mg sodium, 46 g carbohydrate, 3 g fiber, 22 g protein.



mini subs

YIELD: 4 servings.

My daughter, Ashelen, prefers sandwiches made on hot dog buns. There's no crust!

—MELISSA TATUM, GREENSBORO, NORTH CAROLINA

- 3 tablespoons mayonnaise
- 4 hot dog buns, split
- 4 slices process American cheese
- 1/4 pound sliced deli ham
- 1/4 pound sliced deli turkey
- 4 slices tomato, halved
- 1 cup shredded lettuce

- Spread mayonnaise over cut side of bun bottoms. Layer with cheese, ham, turkey, tomato and lettuce; replace bun tops.

NUTRITION FACTS: 1 sandwich equals 321 calories, 16 g fat (5 g saturated fat), 43 mg cholesterol, 1,082 mg sodium, 26 g carbohydrate, 1 g fiber, 19 g protein.

tip

These sandwiches can be sent to school in Ziploc® Brand Easy Zipper Quart Bags. Buy whole-grain bagels and whole wheat hot dog buns when they're on sale and freeze them in Ziploc® Brand Freezer Bags for an even more convenient, economical and higher-fiber lunch.



Lunch to go with Ziploc®!

•Face Time

Ziploc® Brand Easy Zipper Bags with Expandable Bottom let your child's sandwich stand tall and proud. Add a little personality by using mustard to attach olive eyes and red pepper lips. Lunch will never look the same again.

•Good To Go

Place crackers, fruit or cheese inside Ziploc® Brand Easy Zipper Storage Quart Bags. Keep them in your refrigerator or pantry until you are ready to pack lunch!

•Snack 'n Save

Buy snack items, such as pretzels, in large quantities, and use Ziploc® Brand Easy Zipper Bags to store them. They are easy to grab when your child is looking for a snack.



Ziploc® Brand Easy Zipper Bags with Expandable Bottom make storage a cinch – simply slide the Easy Zipper back and forth to open and close the bag. The pleated bottom helps the bags stay upright when full and they are easy to fill!

worldmags & avaxhome

butterfly sandwiches

YIELD: 4 servings.

I never have any trouble getting my grandchildren to eat lunch when these cute sandwiches are on the menu. You can use chives or little pieces of celery for the antennae.

—MAGGIE LANKSBURY, SEATTLE, WASHINGTON



- 1/2 pound boneless skinless chicken breasts
- 1 green onion, chopped
- 2 tablespoons shredded carrot
- 2 tablespoons shredded cheddar cheese
- 4-1/2 teaspoons ranch salad dressing mix
- 1/3 cup reduced-fat mayonnaise
- 8 slices white bread
- 8 fresh baby carrots
- 16 fresh chives (about 2 to 4 inches long)
- 16 carrot strips (about 1-1/2 inches long)

Sliced pimiento-stuffed olives

- Place chicken in a large skillet; add enough water to cover. Bring to a boil. Reduce heat; cover and simmer for 12-14 minutes or until chicken is tender and juices run clear. Drain and cool.
- Shred chicken; place in a bowl. Add onions, carrot and cheese. Combine the salad dressing mix and mayonnaise; add to the chicken mixture.
- Spread over half of the bread slices; top with remaining bread. Diagonally cut each sandwich in quarters, creating four triangles. To form wings, arrange two triangles with points toward each other and crust facing out. For each butterfly body, place one baby carrot between triangles; insert two chives into filling for antennae. Place one carrot strip in the center of each triangle. Place olive slices on wings.

NUTRITION FACTS: 1 sandwich equals 303 calories, 11 g fat (2 g saturated fat), 42 mg cholesterol, 1,276 mg sodium, 35 g carbohydrate, 2 g fiber, 16 g protein.

tip

Send the parts of this sandwich to school with your child in Ziploc® Brand Sandwich Bags so he or she can assemble the butterfly to the amazement of the other kids at the lunch table.

If you prefer, these sandwiches could be assembled using your favorite tuna salad instead of the chicken salad in this recipe.



pizza biscuit bears

YIELD: 6 servings.

These cute little bears, which get their personality from pizza toppings, are absolutely delicious.—TASTE OF HOME TEST KITCHEN

- 1 tube (16.3 ounces) large refrigerated buttermilk biscuits
- 12 slices pepperoni
- 12 slices ripe olives
- 1 tablespoon chopped green pepper
- 1 jar (2 ounces) sliced pimientos, drained
- 2 tablespoons shredded part-skim mozzarella cheese
- 1 can (8 ounces) pizza sauce, optional

- Separate biscuits; place six biscuits 3 in. apart on an ungreased baking sheet. Cut each remaining biscuit into six pieces; roll each into balls. Attach two balls to each whole biscuit for ears; pinch dough to seal.
- Decorate each bear with a pepperoni slice on each ear, olive slices for eyes, green pepper for nose, two pimiento strips for mouth and mozzarella cheese for furry forelock. Bake at 375° for 15-20 minutes or until golden brown. Serve with pizza sauce, if desired.

NUTRITION FACTS: 1 bear equals 288 calories, 13 g fat (4 g saturated fat), 5 mg cholesterol, 976 mg sodium, 35 g carbohydrate, 1 g fiber, 7 g protein.



lunch-box “handwiches”

YIELD: 10 servings.

These unique sandwich pockets are filled with ingredients most kids like.

—CALLIE MYERS, ROCKPORT, TEXAS

- 1 loaf (1 pound) frozen bread dough, thawed
- 2-1/2 cups finely chopped fully cooked ham
- 1 cup (4 ounces) shredded Swiss cheese
- 1 egg yolk
- 1 tablespoon water

- Let dough to rise according to package directions. Punch down; divide into 10 pieces. On a lightly floured surface, roll each piece into a 5-in. circle. Carefully place one circle on a greased baking sheet.
- Place 1/4 cup ham and 2 tablespoons cheese to within 1/2 in. of edges; press filling to flatten. Combine egg yolk and water; brush edges of dough with mixture. Fold dough over filling and pinch edges. Repeat with remaining dough and filling. Brush with remaining yolk mixture.
- Bake at 375° for 15-20 minutes or until golden. If desired, cool and freeze.

NUTRITION FACTS: 1 sandwich equals 229 calories, 9 g fat (3 g saturated fat), 50 mg cholesterol, 729 mg sodium, 25 g carbohydrate, 1 g fiber, 14 g protein.

fiesta pinwheels

YIELD: about 5 dozen.

Whenever I make these tasty pinwheels, they disappear fast. When a friend at the office shared them with me, I knew in one bite I'd be bringing her recipe home.

—DIANE MARTIN, BROWN DEER, WISCONSIN



1 package (8 ounces)
cream cheese, softened

1/2 cup sour cream

1/4 cup picante sauce
2 tablespoons taco
seasoning

Dash garlic powder

1 can (4-1/2 ounces)
chopped ripe olives,
drained

1 can (4 ounces) chopped
green chilies

1 cup (4 ounces) finely
shredded cheddar cheese

1/2 cup thinly sliced green onions
8 flour tortillas (10 inches)

Salsa

- In a small bowl, beat cream cheese, sour cream, picante sauce, taco seasoning and garlic powder until smooth. Stir in olives, chilies, cheese and onions. Spread about 1/2 cup on each tortilla.
- Roll up jelly-roll style; wrap in plastic wrap. Refrigerate for 2 hours or overnight. Slice into 1-in. pieces. Serve with salsa.

EDITOR'S NOTE: Pinwheels may be prepared ahead and frozen. Thaw in refrigerator.

NUTRITION FACTS: 3 pinwheels equals 170 calories, 9 g fat (5 g saturated fat), 22 mg cholesterol, 402 mg sodium, 15 g carbohydrate, 3 g fiber, 5 g protein.

tip

Make big batches of these pinwheels (and the Lunch-Box "Handwiches" on p. 4) and freeze them in Ziploc® Brand Freezer Bags to pull out for school lunches when needed.



Freeze tasty treats with Ziploc®

•Cookie Madness

Make healthy cookies in large quantities and place in a Ziploc® Brand Freezer Bag to freeze them. When it's time to pack lunch, take them out of the freezer to defrost and you're ready for a delicious treat!

•That's Grape!

Place grapes in a Ziploc® Brand Freezer Bag and place them in the freezer overnight. Just pop them in your child's lunch box the next morning and they will still be cold at lunchtime!

•Ice Pack To Go

Short on ice packs? Simply fill a Ziploc® Brand Freezer Bag with water, freeze it and you're chillin'.



Ziploc® Brand Freezer Bags allow you to prepare your child's lunch in bulk ahead of time. Protection from freezer burn means less wasted food and money. Plus these tough, durable bags feature our Double Zipper Seal – our tightest seal ever.

worldmags & avaxhome



cranberry chicken salad sandwiches

YIELD: 4 servings.

Cubed cooked chicken speeds assembly of these cute and filling chicken salad sandwiches. Dressed up with cranberries and served in dinner rolls, they're ready in no time and make a deliciously different lunch.

—SANDRA SPRINKLE, ANNISTON, ALABAMA

- 2 cups cubed cooked chicken breast
- 6 tablespoons reduced-fat salad dressing spread
- 1/2 cup dried cranberries
- 1/4 cup finely chopped onion
- 1/4 cup chopped celery
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 8 dinner rolls
- 8 lettuce leaves

- In a small bowl, combine the chicken, salad dressing, cranberries, onion, celery, salt and pepper. Cut tops off rolls; hollow out each roll, leaving a 1/2-in. shell. Line each with a lettuce leaf; fill with chicken salad. Replace tops.

NUTRITION FACTS: 2 sandwiches equals 354 calories, 10 g fat (2 g saturated fat), 83 mg cholesterol, 796 mg sodium, 41 g carbohydrate, 3 g fiber, 25 g protein.



berry turkey sandwich

YIELD: 2 servings.

Sliced fresh strawberries, Swiss cheese and a nutty cream cheese spread make this turkey sandwich unique. Try it on whole wheat, oatmeal or sunflower kernel bread. It's tasty and easy to put together.—EDWARD MEYER, ARNOLD, MISSOURI

- 4 slices whole wheat bread
- 2 lettuce leaves
- 2 slices reduced-fat Swiss cheese
- 1/4 pound thinly sliced deli turkey breast
- 4 fresh strawberries, sliced
- 2 tablespoons reduced-fat spreadable cream cheese
- 2 teaspoons finely chopped pecans

- On two slices of bread, layer the lettuce, cheese, turkey and strawberries. Combine cream cheese and pecans; spread over remaining bread. Place over strawberries.

NUTRITION FACTS: 1 sandwich equals 356 calories, 10 g fat (3 g saturated fat), 39 mg cholesterol, 932 mg sodium, 39 g carbohydrate, 5 g fiber, 28 g protein.

tip

Make this tasty sandwich the star of your child's lunch by sending it along in a Ziploc® Brand Square Snap 'n Seal Container.

tuna cheese spread

YIELD: 2 cups.

The flavor of tuna is very subtle in this thick and creamy spread. It's terrific on crackers or with carrot and celery sticks, stuffed in a tomato or used as a sandwich filling.

—DOROTHY ANDERSON, OTTAWA, KANSAS



- 1 package (8 ounces) cream cheese, softened
- 1 can (6 ounces) tuna, drained and flaked
- 1/2 cup thinly sliced green onions
- 1/4 cup mayonnaise
- 1 tablespoon lemon juice
- 3/4 teaspoon curry powder
- Dash salt
- Bread or crackers

- In a large bowl, combine the first seven ingredients. Serve with bread or crackers.

NUTRITION FACTS: 1/4 cup equals 177 calories, 16 g fat (7 g saturated fat), 40 mg cholesterol, 213 mg sodium, 1 g carbohydrate, trace fiber, 8 g protein.

tip

This hearty spread packs perfectly for a school lunch in a Ziploc® Brand Extra Small Snap 'n Seal Container. Include a plastic knife for spreading and whole-grain crackers in a Ziploc® Brand Sandwich Bag.

I recently tried a recipe that called for 3/4 cup green onions. Instead of using a knife, I found that snipping the onions with a pair of kitchen shears took only a few seconds and left no cutting board to clean.

—Kristy B., Kelowna, British Columbia



Better for the environment. Still Ziploc® fresh.™

• Lighten Up

Made from 25% less plastic,**NEW Ziploc® evolve™ Bags deliver the same fresh protection in an ultra light formula.

• Wind Power

Manufactured using renewable wind energy; Ziploc® evolve™ Bags use less energy to produce – and that's more to get excited about.

• Save A Tree

Every Ziploc® evolve™ carton is made from 100% recycled paperboard,** making it a better choice for the environment and a better bag for future generations!

*Made with wind energy and traditional energy sources. See www.ziploc.com for details.

**When compared to regular Ziploc® storage and sandwich bags.

***35% post consumer content.



New Ziploc® evolve™ Bags are better for the environment and offer trusted Ziploc® quality – a secure seal and proven freshness.



apple-swiss turkey sandwiches

YIELD: 4 servings.

Apple slices, Swiss cheese, cucumber and turkey are layered between slices of nutritious multi-grain bread in this hearty sandwich. They pack well for a cold lunch, too.—GLORIA

UPDYKE, FRONT ROYAL, VIRGINIA

- 3 tablespoons honey mustard
- 8 slices multi-grain bread, toasted
- 2 medium unpeeled apples, thinly sliced
- 8 slices reduced-fat Swiss cheese
- 1/2 cup thinly sliced cucumber
- 8 ounces thinly sliced cooked turkey breast

- Lightly spread mustard on each slice of toast; set aside. Place apples on a microwave-safe plate and microwave, uncovered, on high for 1 minute or until slightly softened.
- Arrange half of the apple slices and cheese on 4 slices of toast. Top with cucumber and turkey. Add remaining apple and cheese slices. Top with remaining toast, mustard side down.

EDITOR'S NOTE: This recipe was tested in a 1,100-watt microwave.

NUTRITION FACTS: 1 sandwich equals 323 calories, 6 g fat (3 g saturated fat), 56 mg cholesterol, 406 mg sodium, 41 g carbohydrate, 6 g fiber, 27 g protein.



turkey ranch wraps

YIELD: 4 servings.

Here's a cool idea that's ready to gobble up in no time. It's a terrific use for deli turkey.

—TASTE OF HOME TEST KITCHEN

- 8 thin slices cooked turkey
- 4 flour tortillas (6 inches), warmed
- 1 large tomato, thinly sliced
- 1 medium green pepper, cut into thin strips
- 1 cup shredded lettuce
- 1 cup (4 ounces) shredded cheddar cheese
- 1/3 cup fat-free ranch salad dressing

- Place two slices of turkey on each tortilla. Layer with tomato, green pepper, lettuce and cheese. Drizzle with salad dressing. Roll up tightly.

NUTRITION FACTS: 1 wrap equals 335 calories, 14 g fat (7 g saturated fat), 73 mg cholesterol, 676 mg sodium, 25g carbohydrate, 1 g fiber, 27 g protein.

tip

To save time in the morning, slice the apples, cucumber, tomato and green pepper the night before and store in the fridge in Ziploc® Brand Easy Zipper Quart Bags. Add a bit of citrus juice to the apples to keep them from turning brown. Drain before making the sandwich.

teddy bear sandwiches

YIELD: 4 sandwiches.

Cutting a peanut butter sandwich into a cute bear shape gives the classic a fun update. Kids love them, and you can vary the cutters to suit the season or holiday.

—TASTE OF HOME TEST KITCHEN



- 4 slices bread
- $\frac{2}{3}$ cup creamy peanut butter
- 2 tablespoons honey
- 1 medium banana, thinly sliced or $\frac{1}{4}$ cup seedless strawberry jam
- 6 raisins, halved

- Using a 3-1/2-in. teddy bear cookie cutter, cut out two bear shapes from each slice of bread. In a bowl, combine peanut butter and honey. Spread over four teddy bear cutouts. Top with banana slices or spread with jam and remaining bear cutouts. Arrange three raisins on each for eyes and nose.

NUTRITION FACTS: 1 sandwich equals 393 calories, 23 g fat (5 g saturated fat), trace cholesterol, 335 mg sodium, 40 g carbohydrate, 4 g fiber, 13 g protein.

tip

Send these adorable bears to school in a Ziploc® Brand Square Snap 'n Seal Container.



Ziploc®, the star of lunchtime fun!

•Dip & Dunk

Salsa, hummus, yogurt or ranch dressing are perfect lunch buddies for fruit and veggies when packed in Ziploc® Brand Twist 'n Loc® Containers.

•Snacks To Go

Store cookies and crackers in Ziploc® Brand Twist 'n Loc® Containers. This will keep homemade baked goods and after-school snacks fresh and accessible.

•The Perfect Mix

Prepare healthy trail mix by mixing nuts, cereals and dried fruits. Place trail mix into a Ziploc® Brand Snap 'n Seal Container and you're good to go!



Ziploc® Brand Containers have the sizes, shapes and seals to pack the perfect lunch. Our Ziploc® Fresh Shield™ Containers block out air and lock in freshness, so food stays fresh.

worldmags.com/avaxhome



creamy fruit dip

YIELD: about 3-1/2 cups.

Once you taste this delightful lower-fat dip, fresh fruit slices won't seem complete without it. My family enjoys this recipe just as much as when I prepared it with full-fat ingredients.

—JUDITH REED, KINGSFORD, MICHIGAN

- 1 package (8 ounces) fat-free cream cheese
- 3/4 cup packed brown sugar
- 1 cup (8 ounces) reduced-fat sour cream
- 2 teaspoons vanilla extract
- 1 teaspoon lemon extract
- 1/2 teaspoon ground cinnamon
- 1 cup cold 2% milk
- 1 package (3.4 ounces) instant vanilla pudding mix

Assorted fresh fruit

- In a small bowl, beat the cream cheese and brown sugar until smooth. Beat in the sour cream, extracts and cinnamon until smooth. Add milk; mix well. Add pudding mix; beat on low speed for 2 minutes. Cover and refrigerate for at least 1 hour. Serve with fruit.

NUTRITION FACTS: 1/4 cup equals 118 calories, 2 g fat (2 g saturated fat), 8 mg cholesterol, 211 mg sodium, 21 g carbohydrate, trace fiber, 4 g protein.



tropical fruit salad

YIELD: 6 servings.

I needed a speedy salad for a lunch recently. I used what I had and everyone loved it!

—TERI LINDQUIST, GURNEE, ILLINOIS

- 2 cans (15-1/4 ounces each) mixed tropical fruit, drained
- 1 can (11 ounces) mandarin oranges, drained
- 1 medium banana, sliced
- 1 cup miniature marshmallows
- 2 cartons (6 ounces each) vanilla yogurt
- 1/4 cup flaked coconut
- 1/4 cup slivered almonds, toasted
- In a large salad bowl, combine the tropical fruit, oranges, banana and marshmallows. Add yogurt; toss gently to coat. Sprinkle with coconut and almonds. Refrigerate until serving.

NUTRITION FACTS: 3/4 cup equals 290 calories, 6 g fat (3 g saturated fat), 6 mg cholesterol, 56 mg sodium, 59 g carbohydrate, 3 g fiber, 5 g protein.

tip

Try yellow star fruit (Carambola) as a fun partner for this dip or salad. There's no need to peel it, but you can remove the fibers from the ridges before slicing. Refrigerate ripe star fruit in a Ziploc® Brand Sandwich Bag for up to 1 week.

pepper dip man

YIELD: 3 servings (1 cup dip).

Spicy and slightly tangy, this special dip gets its kick from hot pepper sauce and salsa. It's a nice consistency to serve in a hollowed out half green pepper, like this cute Pepper Dip Man.

—TASTE OF HOME TEST KITCHEN



- 3 small green peppers
- 1 small sweet red pepper
- 4 ounces reduced-fat cream cheese
- 1/3 cup chunky salsa, drained
- 2 teaspoons sweet pickle relish, drained
- 1/8 teaspoon hot pepper sauce
- 2 tablespoons chopped celery
- 2 tablespoons thinly sliced green onion
- 3 pitted ripe olives
- 9 fresh baby carrots, cut lengthwise into three pieces

- Cut each green pepper in half; remove seeds. Chop green pepper tops; set aside 2 tablespoons for dip. Cut top off red pepper and remove seeds. Cut out three mouths and chop 2 tablespoons red pepper; set aside.
- In a small bowl, combine the cream cheese, salsa, pickle relish and pepper sauce until blended. Stir in the celery, onion and reserved chopped peppers. Cover and refrigerate for at least 1 hour.
- Make cuts for mouths and eyes. Insert olives for eyes and reserved red pepper mouths. Place each pepper in a Ziploc® Brand Twist 'n Loc® Container. Fill each with 1/3 cup dip. Insert reserved carrot sticks into dip for hair.

NUTRITION FACTS: 1 serving equals 138 calories, 9 g fat (5 g saturated fat), 27 mg cholesterol, 357 mg sodium, 11 g carbohydrate, 2 g fiber, 5 g protein.

tip

Send extra cut veggies to eat with this dip in a Ziploc® Brand Sandwich Bag.

Use a sweet yellow or orange pepper instead of a green pepper to change up the fun look of Pepper Dip Man.



Lunches take flight with Ziploc®!

• Edible Art

Use cookie cutters to cut regular sandwiches into circles, stars and hearts. Store in Ziploc® Brand Sandwich Bags to keep fresh until lunch.

• The Veggie Sneak

Grated veggies, such as carrots and zucchini, add fun color and crunch to sandwiches and wraps. Ziploc® Brand Sandwich Bags help keep the crunch 'til lunch.

• Mini Mouth

Make mini versions of regular foods like sandwiches. They're fun and more likely to be eaten. So put a few in Ziploc® Brand Sandwich Bags and watch lunch become your child's new BFF.



Ziploc® Brand Sandwich Bags will keep your child's lunch as yummy as the minute you packed it, thanks to the dependable air blocking seal that keeps food fresh.

worldmags.com/avaxhome



stuffed celery sticks

YIELD: 4 servings.

I mix cream cheese and soy sauce into peanut butter to give my stuffed celery a rich, unique flavor. The filling is easy to blend together.

—TASTE OF HOME TEST KITCHEN

1 package (3 ounces) cream cheese, softened

1/4 cup creamy peanut butter

1 tablespoon milk

2 teaspoons soy sauce

4 celery ribs, cut into serving-size pieces

- In a small bowl, beat the cream cheese, peanut butter, milk and soy sauce until smooth. Transfer to a Ziploc® Brand Sandwich Bag. Cut a small hole in the corner of the bag; pipe mixture into celery pieces.

NUTRITION FACTS: 1 serving (3 each) equals 179 calories, 16 g fat (6 g saturated fat), 24 mg cholesterol, 328 mg sodium, 5 g carbohydrate, 2 g fiber, 6 g protein.

tip

To fill the celery sticks in a snap, use a Ziploc® Brand Sandwich Bag (with one corner cut off) to pipe the peanut butter mixture. It's quicker and gives much more control than using a spoon. Use this method to put sour cream on tacos and serve ketchup and mustard at picnics. Dispose of the plastic bags when you're done for quick cleanup.



fruity gelatin squares

YIELD: 6-8 servings.

With six children, I'm always looking for wholesome, quick recipes. This colorful salad looks so pretty served in a clear plastic container.

—MABLE YODER, BONDUCL, WISCONSIN

1 package (3 ounces) berry blue gelatin

2 cups boiling water, divided

1/2 cup cold water, divided

1 package (3 ounces) orange gelatin

1 can (15 ounces) pear halves, drained and cubed

- In a large bowl, dissolve the berry gelatin in 1 cup boiling water. Stir in 1/4 cup cold water. Pour into an ungreased 9-in. x 5-in. loaf pan. Refrigerate until firm. Repeat with orange gelatin and remaining boiling and cold water.
- When gelatin is set, cut into cubes. Gently combine gelatin cubes and pears in a large bowl or individual containers.

NUTRITION FACTS: 1 serving equals 117 calories, trace fat (trace saturated fat), 0 cholesterol, 51 mg sodium, 29 g carbohydrate, 1 g fiber, 2 g protein.

fruity granola

YIELD: 10 cups.

When you need a healthy snack, try this golden granola. You'll love the chewy sweetness of the honeyed cereal, fruit and nut mixture. It's great as a snack out-of-hand or as a parfait, layered with fruit and low-fat yogurt. —NANCY CHAPMAN, CENTER HARBOR, NEW HAMPSHIRE



- 3 cups old-fashioned oats
- 1/2 cup sliced almonds
- 1-1/4 cups honey
- 1/2 cup whole-grain wheat and barley cereal
- 1 tablespoon butter
- 1 teaspoon ground cinnamon
- 2-1/2 cups flaked wheat cereal
- 1/2 cup dried cranberries
- 1/2 cup raisins
- 1/2 cup dried banana chips

- Combine oats and almonds; spread evenly in a 15-in. x 10-in. x 1-in. baking pan coated with cooking spray. Bake at 325° for 15 minutes.
- In a large bowl, combine the honey, wheat and barley cereal, butter and cinnamon. Add oat mixture; stir to combine. Return mixture to the pan. Bake 15-20 minutes longer or until golden. Cool on wire rack.
- When cool enough to handle, break granola into pieces. Place in a large bowl; stir in the flaked wheat cereal, cranberries, raisins and banana chips. Store in an airtight container in a cool dry place for up to 2 months.

NUTRITION FACTS: 1/2 cup equals 183 calories, 4 g fat (1 g saturated fat), 2 mg cholesterol, 51 mg sodium, 38 g carbohydrate, 3 g fiber, 3 g protein.

tip

Use this granola to make an appealing parfait for your child's lunch by layering the granola, fruit cut in fun shapes and yogurt in a Ziploc® Brand Small Snap 'n Seal Container.

It is helpful to freeze honey to keep it from crystallizing. It will never freeze solid since the moisture content is low. It will, however, become thick and sludgy until thawed to room temperature, when it should return to its original consistency. When buying a large amount of honey, divide it into Ziploc® Brand Twist 'n Loc® Containers and freeze. When needed, defrost at room temperature for about 30 minutes. —J.M., West Bend, Wisconsin

chewy oatmeal raisin cookies

YIELD: 15 cookies.

Even picky preschoolers, like my son, devour these wholesome treats sprinkled with cinnamon and packed with raisins. Paired with a glass of juice or milk, the cookies are also great as an on-the-go breakfast. —TRINA BOITNOTT, BOONES MILL, VIRGINIA



- 1/3 cup canola oil
- 1/3 cup packed brown sugar
- 2 tablespoons sugar
- 3 tablespoons water
- 1 egg white
- 3/4 teaspoon vanilla extract
- 1/3 cup all-purpose flour
- 1/3 cup whole wheat flour
- 2 teaspoons ground cinnamon
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 2 cups old-fashioned oats
- 1/2 cup raisins

- In a large bowl, combine the oil, sugars, water, egg white and vanilla. Combine the flours, cinnamon, baking soda and salt; gradu-

ally add to sugar mixture and mix well. Stir in oats and raisins.

- Drop by scant 1/4 cupfuls onto baking sheets coated with cooking spray; flatten slightly with the back of a spoon. Bake at 350° for 10-12 minutes or until golden brown. Cool for 1 minute before removing from pans to wire racks.

NUTRITION FACTS: 1 cookie equals 144 calories, 6 g fat (1 g saturated fat), 0 cholesterol, 88 mg sodium, 22 g carbohydrate, 2 g fiber, 3 g protein.

tip

Homemade cookies always taste better and are much more economical than buying prepackaged treats. Make a big batch of these cookies and store the cooled extras in Ziploc® Brand Storage Bags to keep on hand and serve later.



Ziploc® brings a smile to lunchtime!

• Build-A-Sandwich

No more soggy sandwiches. Use Ziploc® Brand Storage quart bags to pack each ingredient of your child's sandwich separately. At lunchtime they can make it themselves!

• Apple Dude

Spread peanut butter between 2 apple slice "lips." Stick on eyes made from grapes and chocolate chips with peanut butter and place in a Ziploc® Brand Storage Bag for a fun, healthy snack.

• Color Me Healthy

Let your child make lunch according to color. Have them choose one orange, red and green food each day, such as orange carrots, a red apple, and a green pear. Place in Ziploc® Brand Storage Bags.



Ziploc® Fresh Shield™ Storage Bags feature the easy-to-close Double Zipper seal. These bags block out air and lock in freshness, which means less wasted food and money.

worldmags & avaxhome

peanut butter honeybees

YIELD: 4 dozen.

Children of all ages find these snacks irresistible. Even the youngest kitchen helpers can crush the graham crackers and older kids can measure and mix the ingredients.

—HEATHER BAZINET, INGLESIDE, ONTARIO

- 1/2 cup creamy peanut butter
- 2 tablespoons butter, softened
- 1/2 cup confectioners' sugar
- 3/4 cup graham cracker crumbs
- 1 square (1 ounce) semisweet chocolate
- 1/3 cup sliced almonds, toasted

- In a small bowl, cream the peanut butter, butter and confectioners' sugar until smooth. Stir in crumbs.

- Shape a teaspoonful of dough into 1-1/2-in. ovals; place on a waxed paper-lined baking sheet. Place chocolate in a small microwave-safe bowl; microwave on high for 1 minute or until melted. Let stand for 5 minutes.
- Transfer melted chocolate to a resealable plastic bag; cut a very small hole in corner in bag. Pipe three stripes on each bee. Insert two almonds into each bee for wings. Use a toothpick to poke holes for eyes. Store in the refrigerator.

NUTRITION FACTS: 3 honeybees equals 112 calories, 7 g fat (2 g saturated fat), 4 mg cholesterol, 76 mg sodium, 10 g carbohydrate, 1 g fiber, 3 g protein.

tip

These little bees can fly to school in your child's lunch if packed in a Ziploc® Brand Extra Small Snap 'n Seal Container.

I store crushed crackers in a Ziploc® Brand Twist 'n Loc® Container. They're handy in recipes or for adding to soup...and I don't have the mess of crushing crackers each time.—Regena J., Lafayette, Indiana



snack bars

YIELD: 5 dozen.

Full of hearty ingredients, these bars are perfect for picnics and bike trips or for brown-bag lunches.

—CAROLYN FISHER, KINZER, PENNSYLVANIA

- 9 cups rice cereal squares, crushed
- 6 cups quick-cooking oats
- 1 cup graham cracker crumbs
- 1 cup flaked coconut
- 1/2 cup toasted wheat germ
- 2 packages (one 16 ounces, one 10-1/2 ounces) large marshmallows
- 1 cup butter, cubed
- 1/2 cup honey
- 1-1/2 cups raisins or miniature semisweet chocolate chips, optional

- In a very large bowl, combine the first five ingredients. In a Dutch oven over low heat, cook and stir marshmallows and butter until the marshmallows are melted. Add honey and mix well.
- Pour over cereal mixture; stir until blended. Add the raisins or chocolate chips if desired. Pat two-thirds into a greased 15-in. x 10-in. x 1-in. pan and the remaining third into a 9-in. square pan. Cool before cutting into bars.

NUTRITION FACTS: 1 bar equals 137 calories, 4 g fat (3 g saturated fat), 8 mg cholesterol, 85 mg sodium, 23 g carbohydrate, 1 g fiber, 2 g protein.



colorful critter snack mix

YIELD: 9 cups.

This munchable mix is always a hit, and it's a breeze to toss together. Kids especially love the colorful, tasty mixture.

—TASTE OF HOME TEST KITCHEN

- 3 cups animal crackers
- 2 cups salted peanuts
- 2 cups raisins
- 2 cups candy-coated milk chocolate candies

- In a large bowl, combine all of the ingredients. Store in Ziploc® Brand Quart Storage Bags.

NUTRITION FACTS: 1/2 cup equals 304 calories, 14 g fat (5 g saturated fat), 3 mg cholesterol, 128 mg sodium, 40 g carbohydrate, 3 g fiber, 6 g protein.

tip

This fun mix is easy to tuck into a child's lunch bag using a Ziploc® Brand Snack Bag. Make a big batch and store the mix in Ziploc® Brand Quart Storage Bags.

Add any of your child's favorite items to this yummy mix, like vanilla or butterscotch chips, cheesy fish-shaped crackers or dried cranberries.



Healthy. Fresh. Savings.

(That's a lot to pack into one lunch.)

