



# Vegetable Cups

## Family Recipe

Serves 6

### Ingredients:

- 1 cucumber, peeled and seeds removed
- 1 red pepper, rinsed
- 1 yellow pepper, rinsed
- ½ pint grape tomatoes
- Low fat salad dressing

### Directions:

1. Chop the cucumber and peppers into large chunks.
2. Put a few pieces of each vegetable into small bowls or arrange on a serving plate with a small bowl of dip.
3. Add baby carrots and sugar snap peas for variety.
4. Put this out before dinner as an appetizer or afternoon snack.

**For the best flavor, use ingredients in season from a farmers' market or in winter ask at the supermarket for vegetables grown on a local farm.**

For more information, email [dolcott@challiance.org](mailto:dolcott@challiance.org).

The *Tasty Choices* program, a partnership between Public Health Department nutritionists and the Cambridge Schools' Food Services Department, introduces fresh and appealing foods to school menus. Chef Vin Connelly works with food service staff to develop healthy, seasonal recipes for the city's public schools. The program engages students in taste tests and learning activities. Founding partners are the Cambridge Public Health Department, Cambridge Public Schools, Institute for Community Health, and CitySprouts school gardens. *Tasty Choices* is coordinated by Dawn Olcott, a nutritionist with the Cambridge Public Health Department's School Health Program.

**Do 5-2-1 Every Day!**

**5 servings of fruits & vegetables**

**2 hours or less of TV/screen time**

**1 hour of physical activity**