



These healthy, fast recipes are simple, tasty and easy for kids to prepare, which wins them more points in my book!



15 Hearty Artichoke

Get past their prickly appearance and you'll discover artichokes are an easy, healthy fast food your kids are sure to enjoy.



Prep time: 5 minutes

Cook time: about 30 minutes

- 1) Using kitchen scissors, cut the pointy tips off the leaves.
- 2) Slice about 3/4" off the top. Pull off small leaves at the base. Trim the stem to about 1". Rinse.
- 3) Add a couple of inches of water, a few slices of ginger and lemon to a double boiler. Place the artichoke in the insert, cover and bring to a boil.
- 4) Reduce to a simmer. Cook for 30 minutes or until the leaves can be pulled off easily.
- 5) Serve immediately with melted butter.

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15 Garlic Corn

Corn is always a winner at our table. This easy recipe mixes it up a bit with bonus points for a new flavor, garlic!



Prep time: 5 minutes

Cook time: about 5 minutes

- 1) Peel and wash corn.
- 2) Cut kernels off the cob into a small bowl.
- 3) Heat 1 Tbsp butter in a small frying pan.
- 4) Add kernels to pan and sprinkle lightly with garlic salt.
- 5) Sautee until lightly browned, about 5 minutes.
Serve immediately.

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