

Food Hero Recipes for Thought

Consider these Food Hero recipes for your next **garden-inspired tasting**, **Food Adventurer challenge** or to help boost its **kid-friendly rating!**



☺ Don't forget the **Kids Tasting Survey!**

Microgreens! Grow and Garnish!



Personalized Salad in a Bag

Fresh Veggie Pizza



Pasta with Greens and Beans

Delicious Dips for Garden Veggies!

Eggplant Dip



Hummus

Ranch Dip



Root for Root Veggies!

Carrot, Jicama and Orange Salad



Beet Dip

Radish and Cucumber Salad



Great Garden-Friendly Smoothies!



Pineapple Carrot Protein Smoothie



Popeye Power Smoothie



Bell Pepper Smoothie

Challenges for Food Adventurers!



Strawberry Cucumber Salad

Sesame Broccoli



Kale Dip

Recipes That Need Some Love ❤️

Cowboy Salad



Garden Sloppy Joes



Carrot Pancakes