

# CATERPILLAR'S TOMATO FEAST

FESTÍN DE JITOMATE  
DE LA ORUGA



Healthy Food for Healthy Kids

Comidas saludables para niños saludables

# CATERPILLAR'S TOMATO FEAST

Remember to always have an adult help you prepare this recipe.

## Ingredients: (Serves 4)

Celery  
5 cherry tomatoes  
1 tbsp. low fat cream cheese  
15 raisins

## preparation:

Cut the top off of one tomato. Scoop out the center with a small spoon. Fill the tomato with shredded celery for the hair. Attach the remaining 4 tomatoes with cream cheese to make the caterpillar's body. Use raisins for feet and face.

# FESTÍN DE JITOMATE DE LA ORUGA

Recuerda que un adulto siempre debe ayudarte a preparar esta receta.

## ingredientes: (Alcanza para 4)

Apio  
5 Tomates Cereza  
1 cda. queso crema bajo en grasa  
15 pasas (ojos)

## indicaciones:

Cortar la parte superior de 1 tomate. Sacar el contenido del centro con una cuchara pequeña. Rellenar el tomate con apio rallado para formar el pelo. Conectar los 4 tomates restantes con queso de crema para formar el cuerpo de la oruga. Utilice las pasas para formar las patasy la cara.



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This product was funded by USDA.  
This institution is an equal opportunity provider.



Food and Nutrition Division  
Child and Adult Care Food Program



Updated 2/8/2021  
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