

Fall Recipes

Autumn Vegetable Cornucopia

Ingredients:

- 6 to 8 spears asparagus
- 2 cups broccoli
- 1 red bell pepper, cut into ½-inch strips
- 1 yellow bell pepper, cut into ½-inch strips
- 2 medium carrots, peeled and sliced
- 1 green bell pepper, cut into 1-inch strips

Directions:

1. Place a medium pot of water over high heat and bring to a boil. Add broccoli and asparagus and cook for 30 seconds. Drain under cool running water until vegetables are at room temperature.
2. Place asparagus on a platter to make a tree trunk. Add broccoli leaves.
3. Slice red and yellow bell pepper strips diagonally to make diamond shapes. Add these to the broccoli tree for leaves. Add carrot slices for leaves.
4. Cut green bell pepper strips into grass and place at the base of the tree.

Makes 6 to 8 servings.

REMINDER TO SELF: Ask parents if children have any food allergies!

