



the  
**Super Crew**

### Tools

- 1 large mixing bowl
- 2 mixing spoons
- Measuring cups
- Measuring spoons

# Carrot Slaw with Pineapple, Apples and Almonds

with the Super Crew®

### Ingredients

- |                                    |  |
|------------------------------------|--|
| ½ cup toasted slivered almonds*    | 1 cup canned pineapple chunks (cut each chunk in half), juice reserved |
| cup low-fat mayonnaise             | ½ Gala or Fuji apple   |
| 2 Tbsp. nonfat Greek yogurt        | ½ cup raisins  |
| 1 ½ Tbsp. apple cider vinegar      | ½ cup raisins  |
| 2 Tbsp. sugar                      | ½ Tbsp. pineapple juice from can                                       |
| 1 bag (10 oz.) of shredded carrots |  |

### Directions

1. Toast almonds and set aside.
2. In a large bowl mix together mayonnaise, yogurt, vinegar and sugar.
3. Add a handful of shredded carrots to the mixture, cover them with the wet ingredients; repeat until whole bag of carrots has been added.
4. Add pineapple chunks to the bowl.
5. Chop ½ of an apple and add it to the bowl.
6. Add pineapple juice from can.
7. Add raisins to the bowl.
8. Mix all ingredients together.
9. Top with toasted almonds right before serving to maintain crunch.

*\*To toast almonds, put them in a small skillet over medium-high heat and stir frequently for 2-3 minutes until lightly browned. Immediately transfer them to a small dish and cool.*



**“Carrots give me Super Eyesight and keep the cells in my body healthy to fight off diseases!” ”**

-Andy


















**Makes 10 servings (½ cup each).  
Per serving: 140 calories, 5 g total fat (<1 g saturated fat), 23 g carbohydrates, 2.5 g protein, 3 g dietary fiber, 97 mg sodium.**







# Know Your Fruits and Vegetables Inside and Out!

Help the Super Crew match the interior to the exterior of each fruit or vegetable. On each line, write the letter that corresponds to the food and then name that fruit or vegetable.

Inside

<b>1</b>		<b>2</b>		<b>3</b>		<b>4</b>		<b>5</b>	
<b>6</b>		<b>7</b>		<b>8</b>		<b>9</b>		<b>10</b>	
<b>11</b>		<b>12</b>		<b>13</b>		<b>14</b>		<b>15</b>	

- |          |           |           |
|----------|-----------|-----------|
| 1. _____ | 6. _____  | 11. _____ |
| 2. _____ | 7. _____  | 12. _____ |
| 3. _____ | 8. _____  | 13. _____ |
| 4. _____ | 9. _____  | 14. _____ |
| 5. _____ | 10. _____ | 15. _____ |

<b>A</b>		<b>B</b>		<b>C</b>		<b>D</b>		<b>E</b>	
<b>F</b>		<b>G</b>		<b>H</b>		<b>I</b>		<b>J</b>	
<b>K</b>		<b>L</b>		<b>M</b>		<b>N</b>		<b>O</b>	

Outside

Answer Key: 1) L. Papaya; 2) N. Pomegranate; 3) J. Artichoke; 4) F. Sweet Potato; 5) M. Cucurbit; 6) I. Watermelon; 7) K. Acorn Squash; 8) E. Cantaloupe; 9) C. Onion; 10) B. Peach; 11) H. Kiwi; 12) A. Cabbage; 13) O. Avocado; 14) G. Tomato; 15) D. Banana