

Maiz de Hadas (Fairy Corn)

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|---------------------------------------------|--------------------------------------------------------|
| 4 ears of corn on the cob-boiled or grilled | 1/8 teaspoon cayenne red pepper |
| 1/4 cup mayonnaise | 1/2 cup cotija or parmesan-grated lime wedges-optional |

In small bowl, mix mayonnaise and cayenne red pepper. Spread thin layer onto hot corn and sprinkle with cheese. Sprinkle with lime juice if desired and serve immediately. This can get messy but kids will love the flavors of this south of the border recipe.

Cotija is a Mexican cheese that can be found at some supermarkets and at Hispanic grocery stores.

Serves 4.



Have your parent cut out the recipe on the dotted line.

GRAPE JUMBLE

Help Tinker Bell unscramble these words to learn about healthy eating.

TAE
FTURIS
VTSEABGLEE
EDRVYAEY

Remember to eat at least 3 to 5 cups of fruits and vegetables everyday.*



GRAPE JUMBLE ANSWERS:
EAT FRUITS, VEGETABLES, EVERYDAY



HEY KIDS! GO TO DISNEY.COM/HEALTHYKIDS

THINK WITH TINK

Help Tinker Bell unscramble these words to learn about healthy eating. Remember to eat at least 3 to 5 cups of fruits and vegetables everyday.*

PSTAOIUMS **HCERRSEI**
VAMTINI C **SONETFURIT**

THINK WITH TINK ANSWERS: Potassium, Vitamin C, Cherries, Stonefruit.

