

## Tomato Snow Cones

5 Cherry tomatoes-halved and insides scooped out

5 teaspoons low-fat cottage cheese  
Rainbow sprinkles-garnish

Place 5 halves on each plate and fill with 1/2teaspoon cottage cheese. Sprinkle with rainbow sprinkles and serve.

Serves 2



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



### Tomato Games!

Pirates need to have good vision so they can spot enemies from afar.

Tomatoes contain Vitamin A, which helps your eyes.\* Can you find the letters that spell P-I-R-A-T-E-S in the picture of Captain Jack?