



Mystery Raw Vegetables Recipe

Have fun discovering mysterious vegetables with kids, while varying the colors. It will be succulent accompanied by an ultrasimple dip.



Age Group:
Multiage

Required Materials:

- Knives and cutting boards
- Plates for vegetables
- Bowls for the dip
- Aprons (optional)
- Colorful vegetables (choose from known and less known ones)
- For the dip:
 - Mayonnaise (beware of allergies) and nature yogurt in equal shares (depending on the number of people)
 - Ketchup (for a pink sauce) or curry and honey (for an Indian sauce)

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Instructions

1. Wash your hands

Washing your hands is always the first step when cooking!

2. Prepare the mystery raw vegetables

Wash the vegetables well. Prepare them on a cutting board. Make small bites to make it easy to eat and vary colors.

For example :

- Red: strips of red peppers, cherry tomatoes, radish
- Yellow / orange: carrot sticks, yellow beans
- Green: broccoli, snow peas, zucchini sticks
- Blue / purple: red cabbage (most of the time purple), purple pepper strips
- White / gray: bouquets of cauliflower, whole mushrooms, endive leaves, fennel sticks

3. Make the dip

Mix equal parts of mayonnaise and plain yogurt. Add ketchup, to get a pink sauce, or curry and honey, to make an Indian sauce.

4. Enjoy!



ASSOCIATION SOUTENIR
QUÉBÉCOISE DE LA REPRÉSENTER
GARDE SCOLAIRE MOBILISER

402, rue Verchères
Longueuil (Québec) J4K 2Y6
450 670-8390 / 1 800 363-0592
gardescolaire.org

Défi Santé
GARDE SCOLAIRE

300, rue Léo-Pariseau, bureau 1810
Montréal (Québec) H2X 4B3
514 985-2466
DefiSante.ca