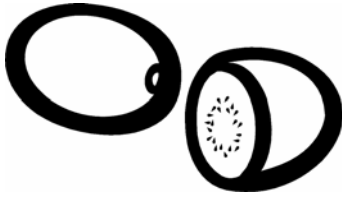


## Pick a **better snack**<sup>TM</sup> (how easy is that?)

### Tangerine Kiwifruit Salad with Cranberry Dressing

**Wash. Scoop.  
Eat.**



Lettuce leaves  
2 tangerines, peeled, thinly sliced  
2 kiwifruits, peeled, thinly sliced  
Cranberry Dressing  
Makes 4 servings.

On 4 salad plates, arrange tangerine and kiwifruit slices over lettuce leaves. Spoon dressing over salads. Garnish with strips of tangerine peel, if desired.

#### Cranberry Dressing:

½ cup canned whole-berry cranberry sauce  
½ cup low fat strawberry or mixed berry flavored yogurt  
Combine cranberry sauce and yogurt in blender. Cover and blend until smooth. Makes about 1 cup.

Pick a **better snack**<sup>TM</sup>

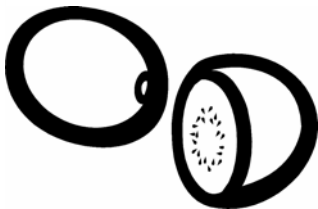


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Education Program

KIWI



**Wash. Cut. Eat. How easy is that?**

- Slice kiwi and place on a plate with banana slices and grapes. Serve with a fruit yogurt.
- Make kiwi “sandwiches” with two kiwi slices on each side of a strawberry slice. Hold together with a stick pretzel.
- Top a graham cracker with cream cheese, kiwi slices and mango chunks.

**Buying tips:** Choose firm kiwi, without wrinkles or bruises.

**Special tips:** To ripen, let kiwi stand at room temperature in a plastic bag. Fruit is ripe when slightly soft.

**Storing tips:** Store ripened kiwi in the refrigerator for up to 3 days.

**Serving size:** 1 kiwi

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Message from Iowa Nutrition Network and USDA’s Food Stamp Program

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