



Silly Sandwiches

Ingredients

- 1 whole wheat English muffin, 1 whole wheat bagel or 2 slices of whole wheat bread
- 2 teaspoons ranch style dressing
- $\frac{1}{4}$ cup shredded cheese or one slice of cheese
- $\frac{1}{2}$ cup grated or chopped vegetables such as red, yellow or green pepper, peas, beans, broccoli, celery, carrots, olives, tomatoes, summer squash...

Directions

- Wash hands with soap and water.
- Spread 1 teaspoon ranch dressing on each half of English muffin, bagel or slice of bread.
- Top with the cheese and vegetables to create a silly face.



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