

## Incredible Edible Veggie Bowls

10 minutes

1 veggie bowl

### Ingredients

1 green, yellow, or red pepper, washed  
1 bunch of celery, washed  
1 carrot, washed and peeled  
Your favorite salad dressing

### Utensils

Knives  
Cutting Board  
Napkins  
Paper plates

### Directions

1. Cut the pepper in half (from side to side). Clean out the seeds and gunk from the inside. Now you have two pieces. One will be your pepper-shaped bowl.
2. Cut the other half of the pepper into skinny slices
3. Cut the carrot into skinny sticks about 4' long.
4. Cut celery into skinny sticks so each one is about 4" long.
5. Put a little salad dressing in the bottom of your pepper bowl.
6. Put celery sticks, carrot sticks, and pepper slices into the pepper bowl.
7. Now you've got a portable veggie treat! Then when you're finished with the veggies, it's time to eat the bowl.

### Nutritional facts:

93 calories  
3g protein  
1g fat  
22g carbohydrate  
4g fiber  
0mg cholesterol  
98mg sodium  
71mg calcium  
0.7mg iron

Recipe from Kids Health. [www.kidshealth.org](http://www.kidshealth.org)