Quick Healthy Meal

Turkey Sandwich
Fresh Broccoli Salad
Baked Apple
Milk

30 minutes before serving:
• Wash hands
• Make broccoli salad (can be made a day ahead)
• Wash and core apples.

15 minutes before serving:
• Fill and put apples in the oven or microwave to bake.

10 minutes before serving:
• Make sandwiches.

5 minutes before serving:
• Put out beverages.

Broccoli Salad
Serves 8

1 bunch (3 stalks) fresh broccoli
1 red onion, diced
1/2 cup raisins or dried cranberries
1/2 sunflower kernels or other chopped nuts
1 cup salad dressing (French, Italian, etc.)

• Wash broccoli and chop into small pieces
• Clean and mince onion
• Combine all ingredients
• Chill until time to serve.

*Some people like to add a bit of sugar or use a sweet dressing.

Baked Apples

Wash tart apples. Cut around the stem at the top of the apple and scoop out the core leaving a "well" about 1 inch deep and the bottom intact. Fill well with 1 Tbs. brown sugar and 1 tsp. margarine. Sprinkle with cinnamon. Bake in oven at 350° for 15 minutes (or in microwave for 3 to 4 minutes) until tender.