

A Ghoulishly Good Halloween

Your dining room table doesn't have to be covered with sugary snacks.

Candy bars, jelly beans and lollipops are all too common on Halloween. Letting your kids enjoy one or two won't hurt. But you can keep them from going overboard by filling their bellies with a healthy dinner before they start trick-or-treating.

SPOOKY SUBSTITUTIONS

One classic, healthy Halloween treat is peeled, frozen grape "eyeballs." If you'd like to try something different this year, consider these frightful ideas:

Pumpkins With A-Peel:

Peel a few clementine or mandarin oranges. In the center of each, place part of a whole-grain pretzel stick or a thin celery stalk for the "stem." Make pumpkin "leaves" using celery leaves.

Cauliflower Brains:

Steam an entire head of cauliflower until soft. Top with sugar-free marinara sauce. To make it a full meal, place the cauliflower on a bed of spinach or use a naturally green pasta, such as zucchini noodles.

Spooky 'Nanas:

Slice a few bananas in half and peel them. Push some dark chocolate chips into the end of each banana half for eyes and one just below those to make an open mouth.

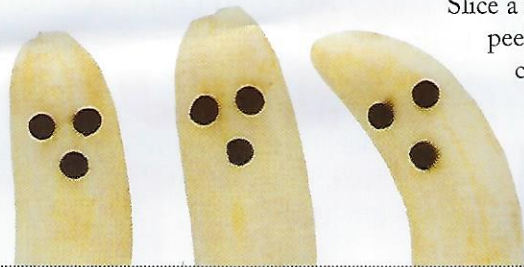
Ghost Toasts:

Top a few whole grain crackers with sugar-free marinara sauce. Place long shreds of part-skim mozzarella cheese on top of the sauce. Add black olives for "eyes."



Green Slime:

Puree some cooked peas, spinach and avocado until smooth. Add a few plastic spiders to the top and serve as a dip.



SPOOKY DELIGHT

Orange you glad it's Halloween?

Halloween is the best time of year to eat—and drink!—anything orange. Make these slushies with your kids before you head out for trick-or-treating.

INGREDIENTS

- + 1 cup orange juice
- + ½ banana
- + 1 cup 100-percent apple juice
- + 1 teaspoon honey
- + ⅛ teaspoon cinnamon
- + 1 cup ice (crushed)

DIRECTIONS

- + Blend until frothy.
- + Serve in glasses or jars you've decorated for Halloween! You can...
 - Use a permanent marker to draw scary faces.
 - Wrap a jar or glass with first-aid gauze.
 - Use fun paper cutouts of bats, spiders, ghosts.

Recipe courtesy of "What's Cooking? USDA Mixing Bowl"

