





See below for 25 servings:

Recipe Name:	Alligator Tails
Category:	Snack
Portion Size(s):	5 portions/ 2 halves each
Meal Components 3-5:	½ cup vegetable
Meal Components 6-18:	¾ cup vegetable
Prep Time:	15 minutes
Cooking Time:	No cooking

Ingredients:	Ages 3-5		Ages 6-18	
	Weight	Measure	Weight	Measure
English cucumber, raw	15 oz		1 lb 7 oz	
Cream cheese, low-fat	3 oz	¼ cup 2 Tbsp	4 1/2 oz	½ cup 1 Tbsp
Olives, sliced, canned	1 oz	40 slices	1 oz	40 slices
Dillweed, dried	1/4 tsp			1/4 tsp

Directions:

1. Wash and air-dry cucumbers.
2. Cut cucumbers into sections:
For 3-5: 3 oz sections
For 6-18: 4 ½ oz sections
3. Cut each section in half.
4. Hollow out seeds of cucumbers. Note: English cucumbers do not have very big seeds. Hollowing should be shallow and not deep.
5. Pipe cream cheese into hollowed out cucumber.
6. Place 4 sliced olives vertically in a row into piped cream cheese to create an alligator tail look.
7. Garnish with dill.
8. Serve 2 halves.

Components Per One Serving 3-5:

Meat/Meat ALT	Grain	Vegetable(s)	Fruit	Milk
0 oz. eq.	0 oz. eq.	1/2 cups(s)	0 cup(s)	0 cup(s)

Components Per One Serving 6-18:

Meat/Meat ALT	Grain	Vegetable(s)	Fruit	Milk
0 oz. eq.	0 oz. eq.	3/4 cups(s)	0 cup(s)	0 cup(s)

Nutrients Per One Serving 3-5:

Calories	64	kcal	Total Fat	5	g	Total Dietary Fiber	<1	g	Vitamin C	2	mg
Saturated Fat	2	g	Trans Fat	0	g	Protein	2	g	Iron	<1	mg
Sodium	119	mg	Cholesterol	12	mg	Vitamin A	214	IU			
Sugars	1	g	Carbohydrate	3	g	Calcium	27	mg			

Nutrients Per One Serving 6-18:

Calories	92	kcal	Total Fat	6	g	Total Dietary Fiber	1	g	Vitamin C	4	mg
Saturated Fat	4	g	Trans Fat	0	g	Protein	3	g	Iron	<1	mg
Sodium	156	mg	Cholesterol	18	mg	Vitamin A	322	IU			
Sugars	2	g	Carbohydrate	5	g	Calcium	40	mg			

Recipe Name:	Alligator Tails
Category:	Snack
Portion Size(s):	25 portions/ 2 halves each
Meal Components 3-5:	½ cup vegetable
Meal Components 6-18:	¾ cup vegetable
Prep Time:	15 minutes
Cooking Time:	No cooking

Ingredients:	Ages 3-5		Ages 6-18	
	Weight	Measure	Weight	Measure
English cucumber, raw	4 lb 11 oz		7 lb 3 oz	
Cream cheese, low-fat	15 oz	1 ¾ cup 2 Tbsp	1 lb 6 ½ oz	2 ¾ cups 1 Tbsp
Olives, sliced, canned	5 oz	200 slices	5 oz	200 slices
Dillweed, dried	1 1/4 tsp			1 1/4 tsp

Directions:

9. Wash and air-dry cucumbers.
10. Cut cucumbers into sections:
For 3-5: at least 3 oz sections
For 6-18: at least 4 ½ oz sections
11. Cut each section in half.
12. Hollow out seeds of cucumbers. Note: English cucumbers do not have very big seeds. Hollowing should be shallow and not deep.
13. Pipe cream cheese into hollowed out cucumber.
14. Place 4 sliced olives vertically in a row into piped cream cheese to create an alligator tail look.
15. Garnish with dill.
16. Serve 2 halves.

Components Per One Serving 3-5:

Meat/Meat ALT	Grain	Vegetable(s)	Fruit	Milk
0 oz. eq.	0 oz. eq.	1/2 cups(s)	0 cup(s)	0 cup(s)

Components Per One Serving 6-18:

Meat/Meat ALT	Grain	Vegetable(s)	Fruit	Milk
0 oz. eq.	0 oz. eq.	3/4 cups(s)	0 cup(s)	0 cup(s)

Nutrients Per One Serving 3-5:

Calories	64	kcal	Total Fat	5	g	Total Dietary Fiber	<1	g	Vitamin C	2	mg
Saturated Fat	2	g	Trans Fat	0	g	Protein	2	g	Iron	<1	mg
Sodium	119	mg	Cholesterol	12	mg	Vitamin A	214	IU			
Sugars	1	g	Carbohydrate	3	g	Calcium	27	mg			

Nutrients Per One Serving 6-18:

Calories	92	kcal	Total Fat	6	g	Total Dietary Fiber	1	g	Vitamin C	4	mg
Saturated Fat	4	g	Trans Fat	0	g	Protein	3	g	Iron	<1	mg
Sodium	156	mg	Cholesterol	18	mg	Vitamin A	322	IU			
Sugars	2	g	Carbohydrate	5	g	Calcium	40	mg			