

Cru-Cru's Fantastic Healthy Feast

Votre
gouvernement

Québec



“Hi, I’m
Cru-Cru!

Follow me for **fun** and
healthy recipes!”



Produced by:

Direction des communications, Ministère de la Santé et des Services sociaux

Coordination and editing:

Dominique Haché, BA., MSc.

Anne Vallières

Nutrition content:

Anne Gagné, dietician, MSSS

Brigitte Lachance, nutritionist, MSSS

Roxanne Papineau, nutritionist intern, MSSS

Photo preparation: **Dominique Haché, Fany Vallières**

Graphic design: **Graphissimo**

To obtain copies of this document, send your order,

by e-mail to: diffusion@msss.gouv.qc.ca

or by mail to: Ministère de la Santé et
des Services sociaux
Direction des communications-diffusion
1075, chemin Sainte-Foy, 4^e étage
Québec, Québec G1S 2M1

Legal deposit

Bibliothèque nationale du Québec, 2005

Library and Archives Canada, 2005

ISBN 2-550-45211-9 (Editing)

ISBN: 2-550-45212-7 (PDF Version)

Updated: February 2020

All rights reserved for all countries. Any reproduction whatsoever, translation or dissemination, in whole or in part, is prohibited unless authorized by Les Publications du Québec. However, reproduction in whole or in part for personal, non-commercial purposes is permitted solely in Québec, provided the source is mentioned.

Our Fun ReCipies

Green Mouse	4	Clown	22
Dragon	6	Flavour Island	24
Hedgehog	8	Rabbit Feast	26
Caterpillar	10	Fruit House	28
Race Cars	12	Fun with Apples	30
Frizzy Head	16	Mrs. Cauli-Head	32
Cruise Ship	18	Fireworks	34
Galley Ship	20	Dips	36

For a *Children's party*, a *birthday* or simply for *fun*, why not present vegetables and fruits in an *attractive* way?

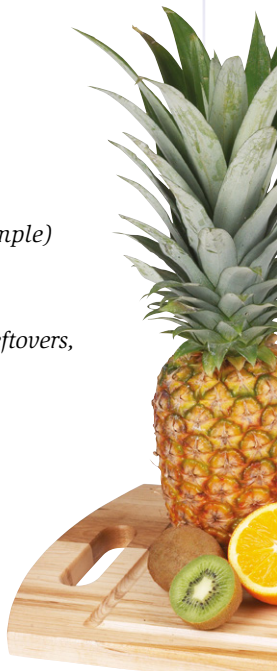
After trying these *reCipes*, let your *imagination* run wild. You are sure to come up with others as *inventive* as these, if not more so!

Good Hygienic Practices:

- Always wash your hands thoroughly before handling food.
- Wash vegetables and fruits with cold water before cutting them.
- Work on a clean surface, away from raw meat, to avoid cross-contamination.
- Creations that contain dairy products (cheese or dip, for example) should be refrigerated until ready to serve and left at room temperature no more than two hours.
- Once you have finished eating each creation, throw away any leftovers, especially if they have been handled.

Warning:

When preparing a children's party, ask other parents whether their child suffers from any food allergies and eliminate the allergenic foods when necessary.



Quality Vegetables and fruits

- Each creation should be put together on the day it will be served. If you are preparing it a few hours in advance, coat vegetables and fruits with a splash of lemon juice to avoid discoloration.
- It is preferable not to cut vegetables and fruits too much in advance, to avoid vitamin loss.

Tip:

Mushrooms, broccoli, bell peppers—everything is raw. So to avoid damaging delicate vegetables and fruits as well as to facilitate the assembly of the various parts, use a toothpick to make holes in them first or cut incisions into them before assembling the creations.

Materials required:

- Toothpicks
- Wooden skewers
- Cloves
- Metal wires or pipe cleaners
- Melon baller



Green Mouse



Preparation
time

10

minutes

Ingredients

- 1 pear
- 2 pineapple leaves
- About 10 green grapes
- 2 red grapes
- 2 cloves
- 1 strawberry

Cut the 2 **pineapple** leaves in the shape of ears.

Cut a slot into each side of the **pear** that is the same shape as the base of the leaves.

Insert the leaves into the slots.

Cut 2 slices of **grape** for the eyes.

Attach the grape slices using 2 **cloves**. (First make holes for the cloves using a toothpick to make them easier to insert.)

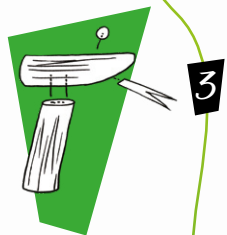
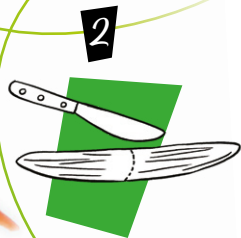
To make the nose, cut a **red grape** in half and attach half of it with a toothpick.

For the feet, place 2 **strawberry** halves on the plate.

String **green grapes** on a metal wire or pipe cleaner and poke it into the back of the **pear** to make the tail.



Dragon



Preparation
time

15

minutes

Ingredients

- 1 broccoli
(or 1 red cabbage)
- 1 long English
cucumber
- Cherry tomatoes
- 3 hot red peppers
- 2 cranberries
- 4 cloves
- Toothpicks
- A piece of cheese,
your choice of variety,
cubed
- A small piece of a
hot red pepper for
the tongue

Cut the **broccoli**
and place it in a small
recipient or use a whole
red Cabbage.

Cut an **English Cucumber**
in half and attach the
head to the neck using
a toothpick.

Attach the neck to
the body using 2 other
toothpicks.

For the head:

Cut a slot in the front
of the head.

Cut a slice of **hot red
pepper** notch it and insert
it into the slot.

Insert 3 toothpicks into
the head and attach
the 3 **hot red pepper**
to make the crest.

Insert 2 **cloves** into the
end of the nose.

Attach the eyes using
2 more **cloves** through
2 **Cranberries**.

For the body:

Cut the **cheese** in cubes
and attach the cubes to the
broccoli or **red Cabbage**
using toothpicks.

Refrigerate until ready
to serve.

Serve with a **dip**
(see recipes on
pages 36-37)

Hedgehog



Preparation
time

20

minutes

Ingredients

- ½ pineapple
(cut lengthwise)
- A bunch of green
grapes
- 1 strawberry
- 2 red grapes

Chop the crown off the
pineapple.

Cut the *pineapple* in half,
lengthwise.

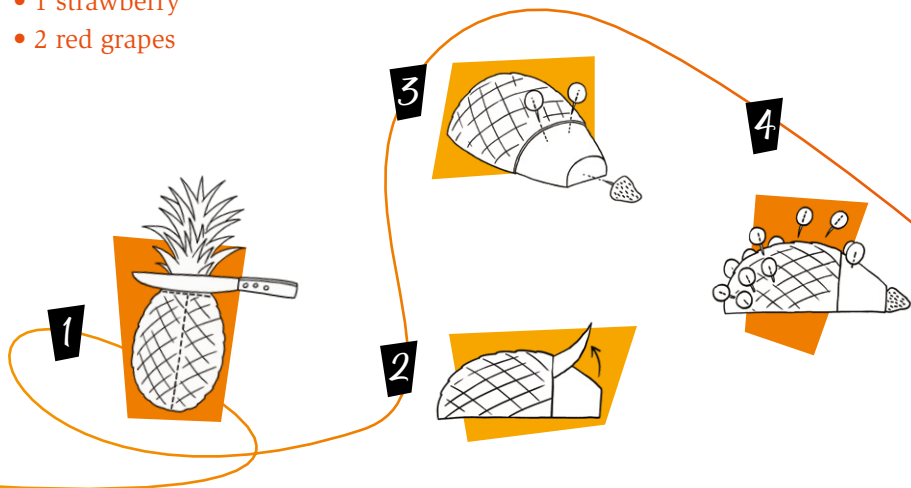
A quarter of the way in
from the top end of the
pineapple, make a 1-cm
deep incision.

Peel the end to uncover
the flesh of the head.

Splash with *lemon* juice.

Stick toothpicks into the
back of the hedgehog and
attach the *green grapes*.

Attach 2 *red grapes* for
the eyes using toothpicks
and use a half-*strawberry*
for the mouth.



Caterpillar



Preparation
time

20

minutes

Ingredients

- 7 large white mushrooms
- 1 cucumber
- 1 raisin
- 2 chives
- 2 cranberries
- 3 wooden skewers

Peel the **mushrooms** and remove their stems.

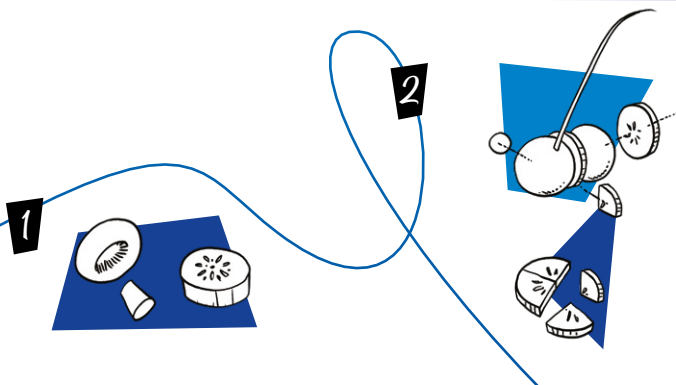
Slice the **CuCumber** in fairly thick, even slices, keeping one end to make the tail.

Thread the **mushrooms** and **CuCumber** slices alternately onto a wooden skewer, ending with the head.

Attach a **raisin** for the mouth and 2 **Cranberries** for the eyes using half-toothpicks.

Thread two **Chives** over 2 wooden skewers and stick them into the head to make the antennae.

Cut the rest of the **CuCumber** slices evenly in 4 and use them to make the feet.



Race Cars



Preparation
time

15

minutes

Ingredients

- 1 tomato
- 2 slices of lemon
- 3 raisins
- 5 baby spinach leaves
- 1 white mushroom
- 1 small bunch of fresh parsley
- 2 cloves
- 1 cranberry

Using toothpicks, attach the two slices of **lemon** to the **tomato**.

Thread the 5 **spinach** leaves on another toothpick, arranging them in the shape of a flower.

Attach the **mushroom** to one end of this toothpick and stick the other end into the **tomato**.

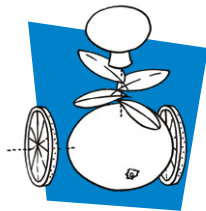
Formula 1

Insert 2 **cloves** for the eyes and attach a **cranberry** for the mouth and a small bunch of **fresh parsley** on the head for the hair.

Attach the **raisins** as buttons using half-toothpicks.



1



Formula 2

Cut a piece of **CuCumber** about 10 cm long.

Cut 4 slices from the other half of the **CuCumber**.

Stick a slice of **Carrot** and then a slice of **CuCumber** onto a toothpick and attach them to the body of the car. Push the toothpick through the **CuCumber** and attach the wheels on the other side.

Decorate the wheels with **raisins**.

Repeat for the back wheels. Place the top of a **mushroom** on a **cherry tomato** and attach it to the piece of **CuCumber** using a half-toothpick.

Garnish the neck with a little fresh **parsley** and insert 2 **cloves** for the eyes.



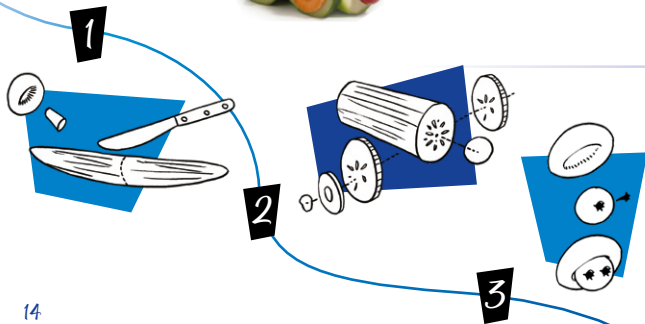
Preparation
time

15

minutes

Ingredients

- 1 cucumber
- 4 slices of carrot
- 1 cranberry
- 1 cherry tomato
- 1 mushroom
- 2 cloves
- A little fresh parsley
- 4 raisins



Preparation
time

10

minutes

Formula 3

*Assemble the wheels
in the same way as in
Formula 2.*

*Attach a piece of broccoli
for the head and 2 cloves
for the eyes.*

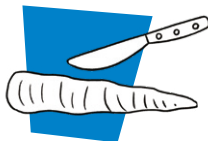
*Decorate the wheels with
blackberries.*



Ingredients

- ½ carrot
- 4 slices of cucumber
- 1 broccoli floret
- 2 cloves
- 1 cranberry
- 4 blackberries

1



2



Frizzy Head



Preparation
time

20

minutes

Ingredients

- 1 green (or red) cabbage
- Bunch of fresh parsley
- 2 black olives
- 1 cucumber
- 1 strip of red pepper
- 2 mushrooms
- Assorted vegetables, for dipping

Wash, cut up and display raw **vegetables** on a tray.

Cut the top off the **Cabbage**, scoop it out and fill it with a **dip**.
(see recipes on pages 46-47)

Put the cover back on.

Decorate the **Cabbage** by attaching (using toothpicks):

- 2 slices of **CuCumber** and 2 **black olives** for the eyes;
- 2 **mushrooms** for the ears;

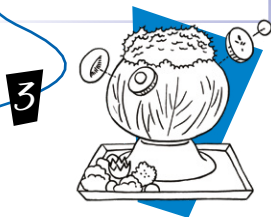
- a piece of **red pepper** for the moustache;

- a sprig of **parsley** for the nose;

- a bunch of **parsley** for the hair.

Place the **Cabbage** on an overturned bowl so it overlooks the tray of **vegetables**.

When serving, remove the cover to present the **dip**.



Cruise Ship



Preparation
time

20

minutes

Ingredients

- ½ watermelon
- 3 kiwis
- 3 slices of fresh pineapple
- About 10 green grapes
- About 10 blackberries (or blueberries)
- 1 slice of orange
- 1 small parasol for decoration

Cut the **watermelon** in half.

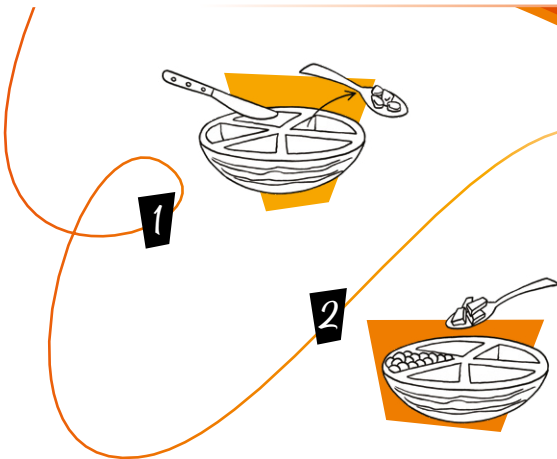
Divide the inside into four or five equal sections.

Scoop out each section using a melon baller (save what you remove).

Wash and cut the other **fruit**.

Fill each section and decorate the centre with a slice of **orange**.

Serve fresh.



Galley Ship



Preparation
time

10
minutes

Ingredients

- ½ papaya
- 250 ml (1 cup) fresh homemade fruit salad
- A few leaves of red and green cabbage
- 3 cranberries
- 3 wooden skewers
- Couscous (optional)

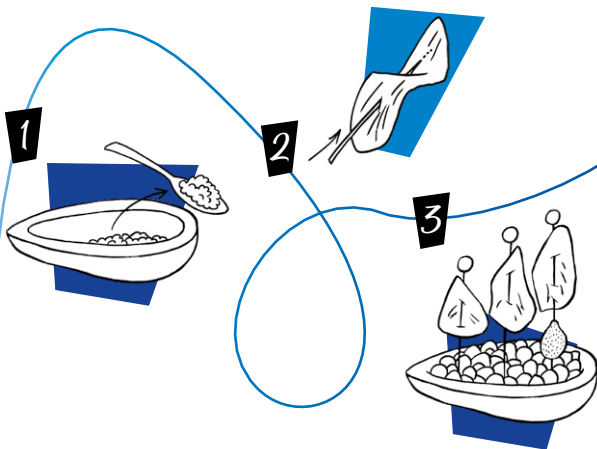
Scoop out the **papaya** and fill with fresh **fruit salad**.

Poke the skewers through the **Cabbage** leaves to form the sails and attach them to the boat.

Poke the **Cranberries** into the tips of the skewers.

Place the **papaya** ship on a bed of **CousCous** (optional).

The small boats are made of **endive** leaves filled with **dip**.



Clown



Preparation
time

10

minutes

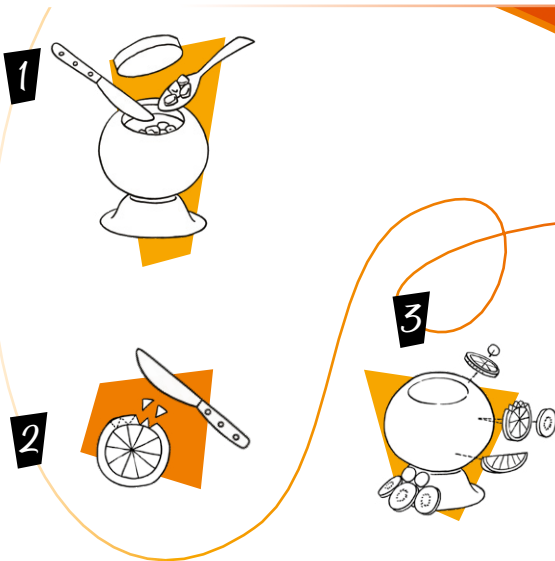
Ingredients

- 1 honeydew melon
- 2 oranges
- 2 kiwis
- 1 strawberry
- 1 pink grapefruit
- 10 raspberries
- 4 watermelon balls

Cut the top off the **melon**,
scoop it out and keep the
pieces for the **fruit salad**.

Fill the **melon** with **fruit
salad** and put the cover
back on.

Decorate the clown by
attaching the fruit pieces
using toothpicks.



Flavour Island



Preparation
time

15

minutes

Ingredients

- 1 cantaloupe
- 2 oranges
- About 20 raspberries
- About 30 red grapes
- About 30 whole green olives
- Cubes of cheese
- 1 blackberry

The base is $\frac{3}{4}$ of
a *Cantaloupe*.

Start assembling the
island from the bottom,
with the *grapes*.

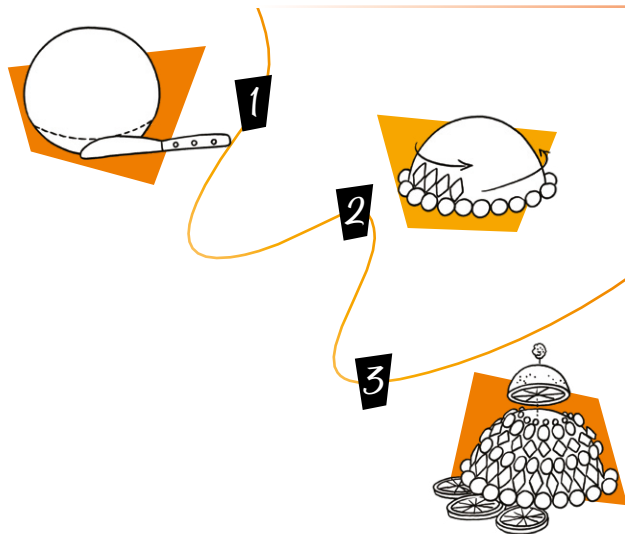
Attach the ingredients
using toothpicks.

Assemble alternating
rows of *Cheese* and *olives*.

End with half an *orange*
and a *blackberry*.

Decorate with fresh
raspberries.

Refrigerate until ready
to serve.



Rabbit Feast

*This is an original
way of presenting
vegetables and dip
to children.*



Preparation
time

25

minutes

Ingredients

- 1 curly lettuce
- 3 pears
- 1 red grape
- 2 green grapes
- A few cherry tomatoes
- 30 ml (2 tbsp) cottage cheese
- 12 raisins
- Cheddar cheese
- Assorted vegetables, washed and cut, for dipping (see dip recipes on pages 36-37)

Make a bed of **lettuce** leaves in a big plate.

To make the rabbits:

Cut the **pears** in half.

Use a half-grape for the nose, 2 **raisins** for the eyes and 2 triangles of **cheese** for the ears.

Use toothpicks or half-toothpicks to attach each piece.

Place the rabbits on the bed of **lettuce** leaves.

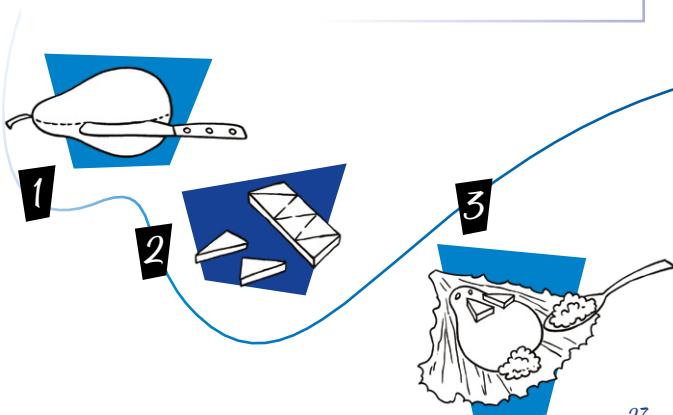
Use a teaspoon of **Cottage Cheese** for each tail.

Place the **dip** of your choice in the middle of the plate.

Add **vegetables** to the bed of **lettuce**.

Decorate with **cherry tomatoes**.

Refrigerate until ready to serve.



Fruit House



Preparation
time

15

minutes

Ingredients

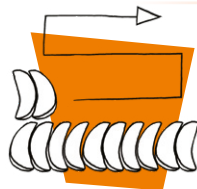
- 14 strawberries
- 1 ½ apples
- 2 orange slices
- 1 kiwi

Slice the *apples* and place the slices in rows to make the house.

Splash them with *lemon* juice to prevent discoloration.

Slice the *strawberries* and place them in a triangle shape to make the roof.

Cut the *kiwis* and *orange* in slices and decorate the house with them.



1

2



Fun with Apples



Preparation
time

10

minutes

A decorated *apple* in a
lunchbox is a lot more
fun to eat.

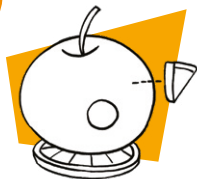
Let your imagination run
wild and create your own
apple characters!



1



2



3



Mrs. Cauli-Head



Preparation
time

10

minutes

Ingredients

- 1 cauliflower
- 1 carrot
- 2 mushrooms
- 1 red bell pepper
- 2 small zucchinis
- 1 black olive, cut in half
- Fennel leaves or parsley

Use toothpicks to attach Mrs. Cauli-Head's eyes (two zucchini ends and half a black olive), ears and nose.

Cut a mouth out of the red pepper and attach it with toothpicks.

Place the fennel leaves or parsley on the head to make the hair.

To eat, cut in pieces and serve with a dip (see recipes on pages 36-37).

1



2



Fireworks



Preparation
time

10

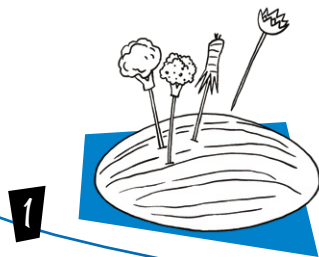
minutes

Ingredients

- ½ watermelon
- Cauliflower
- Broccoli
- Baby carrots
- Celery head
- Celery leaves
- Assorted raw vegetables
- Wooden skewers

To make the fireworks, attach the *vegetables* to the *watermelon* using skewers.

Serve with the *dip* of your choice (see recipes on pages 36-37)



Dips

Green light dip

*Puree the avoCadoes in a food processor.
Add the other ingredients and blend well.*

Variations:

Add diced tomatoes or bell peppers to the recipe.

This recipe comes from the book **Allergique?... à table!** (2002)
by the Association Québécoise des Allergies Alimentaires.

Ingredients

- 4 ripe avocados
- 20 ml (4 tsp) lemon juice
- Fresh parsley, to taste
- Salt and pepper



Ingredients

- 250 ml (1 cup)
plain yogurt
- 125 ml (½ cup)
light mayonnaise
- 1 small carrot, grated
- 1 green onion,
thinly sliced
- 15 ml (1 tbsp)
ketchup
- 15 ml (1 tbsp) honey
- 5 ml (1 tsp)
curry powder
- Fresh parsley, to taste
- Salt and pepper
- 15 ml (1 tbsp)
coloured bell
pepper, diced

Colourful dip

*Blend all the ingredients
(except the bell pepper)
and refrigerate until
ready to serve.*

*Garnish with diced
bell pepper.*



For a *Children's party*,
a *birthday* or simply for *fun*,
why not present vegetables and fruits
in an *attractive* way?

After trying these *reCipes*,
let your *imagination* run wild.

You are sure to *Come up* with others
as *inventive* as these, if not more so!

**Santé
et Services sociaux**

Québec



Québec.ca



19-289-07A