

Pointers For Parents

Rain Or Shine—Picnic Foods A Hit With Kids

(NAPSA)—Any day can be a good day for a picnic. Even if the weather outside calls for setting up a blanket in the family room, picnics can make a day special.

Picnics are also a good opportunity to involve children in preparing the meal. Helping mom pack up and head to the park—or family room—can turn a ho-hum day into a fun adventure.

Ants on a log (celery sticks filled with peanut butter and sprinkled with raisin—ants) make a great starter. Or filling the compartments of a muffin tin with bite-sized foods to nibble, such as carrot sticks, cheese cubes, trail mix and raisins can be a hit with preschoolers.

Finally, the centerpiece of your picnic can be an automobile-inspired sandwich that the kids help make.

Cartoona Sandwiches

Prep time: 20 minutes

- ½ cup low-fat mayonnaise**
- ½ cup plain low-fat yogurt**
- 1½ tsp curry powder (optional)**
- 1 cup Sun-Maid Raisins or Fruit Bits**
- ½ cup diced celery or red or green bell pepper**
- 1 green onion thinly sliced**
- 1 large can (12 oz.) tuna or chicken, or 1¼ cup chopped, cooked chicken (two small chicken breasts)**
- 6 sandwich rolls, round or oblong shaped**
- 12 pretzel sticks**
- 24 Sun-Maid Apricots**



Preparing picnic food can be so much sweeter when the recipe calls for raisins.

To make the filling: In a medium bowl mix mayonnaise, yogurt, curry powder (if desired), Sun-Maid Raisins or Fruit Bits, celery or bell peppers and green onion. Stir in tuna or chicken.

To make the “car”: Cut ½-inch slice off the top of a roll. With fingers or a fork, scoop out bread from center of roll.

Poke hole in center of Sun-Maid apricots using a toothpick. Break pretzel stick in half and insert into each apricot to make the car “wheels.” Insert wheels into bottom edge of roll.

Add apple slices for “fenders,” if desired.

Make “headlights” using dab of peanut butter or spreadable cheese to attach raisins on one end of the roll. Cut “doors” in sides of roll, if desired.

Fill roll with about ½ cup tuna or chicken salad. Place roll top on top of “car.” Repeat with remaining rolls. Makes 6 sandwiches.

More recipes can be found at www.sunmaid.com.