



Halloween Very Veggie Skeleton

Serves 8. Prep time: 30 minutes.

Ingredients

- 1 jicama
- 6 cauliflower florets
- 1 red pepper, sliced
- 1 orange pepper, sliced
- 1 yellow pepper, sliced
- 24 green beans
- 2 cherry tomatoes, halved
- 1 zucchini, sliced
- 1 carrot, sliced
- 5 broccoli florets
- 1 mushroom, sliced
- 2 black olives, 1 sliced, 1 diced
- ¼ cup arugula
- 1 medium pumpkin (optional)
- 1 cup hummus for dipping (optional)

Tools

- Cutting board
- Paring knife
- Peeler
- Platter
- Bowl

This skeleton isn't scary— it's delicious! Make it and share the fun with your friends and family.



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Preparation

Create your skull

Cut jicama in half. Use the peeler to remove the outside layers and create a pear shape. Carve a flat spot near the bottom for the mouth and two flat spots near the top for eyes.



Decorate your skull

Use sliced black olives for eyes and diced black olive for the nose and teeth. Arrange arugula under the jicama for spooky hair.

Build your body

1. Arrange cauliflower florets for the spine and hips.
2. Use pepper slices for ribs.
3. Use beans and cherry tomatoes for arms and legs.
4. Add zucchini slices for palms. Make fingers out of carrot slices. Use mushroom slices for feet.



Tip

Use some of the hummus to keep veggies in place on the platter!

Extra Credit

Get an adult to carefully hollow out a pumpkin and put a bowl full of hummus inside as a tasty dip. You can put any leftover veggies in a dish on the side.



Recipe and photos by Mighty Media, Inc., mightymedia.com

Nutritional information per serving

Calories	Fat	Cholesterol	Sodium	Carbs	Fiber	Protein
131	3 g.	0 mg.	110 mg.	23 g.	9 g.	5 g.

The nutritional values and information provided are approximations.