

Shape Your Future's

RAINY DAY KIT

Don't let the dark clouds and roaring thunder keep your kids from having fun. Take the activities indoors!

THUNDERSTORM OBSTACLE COURSE

PUDDLE JUMP

Jump over pillows on the floor.

RAINDROP DODGE

Place plastic cups in a zig-zag pattern on the floor and run around them.

UMBRELLA SPIN

Spin around three times with a pretend umbrella in your hand.

MUD CRAWL

Army crawl on your belly until you reach the finish line.

LIGHTNING ROUND

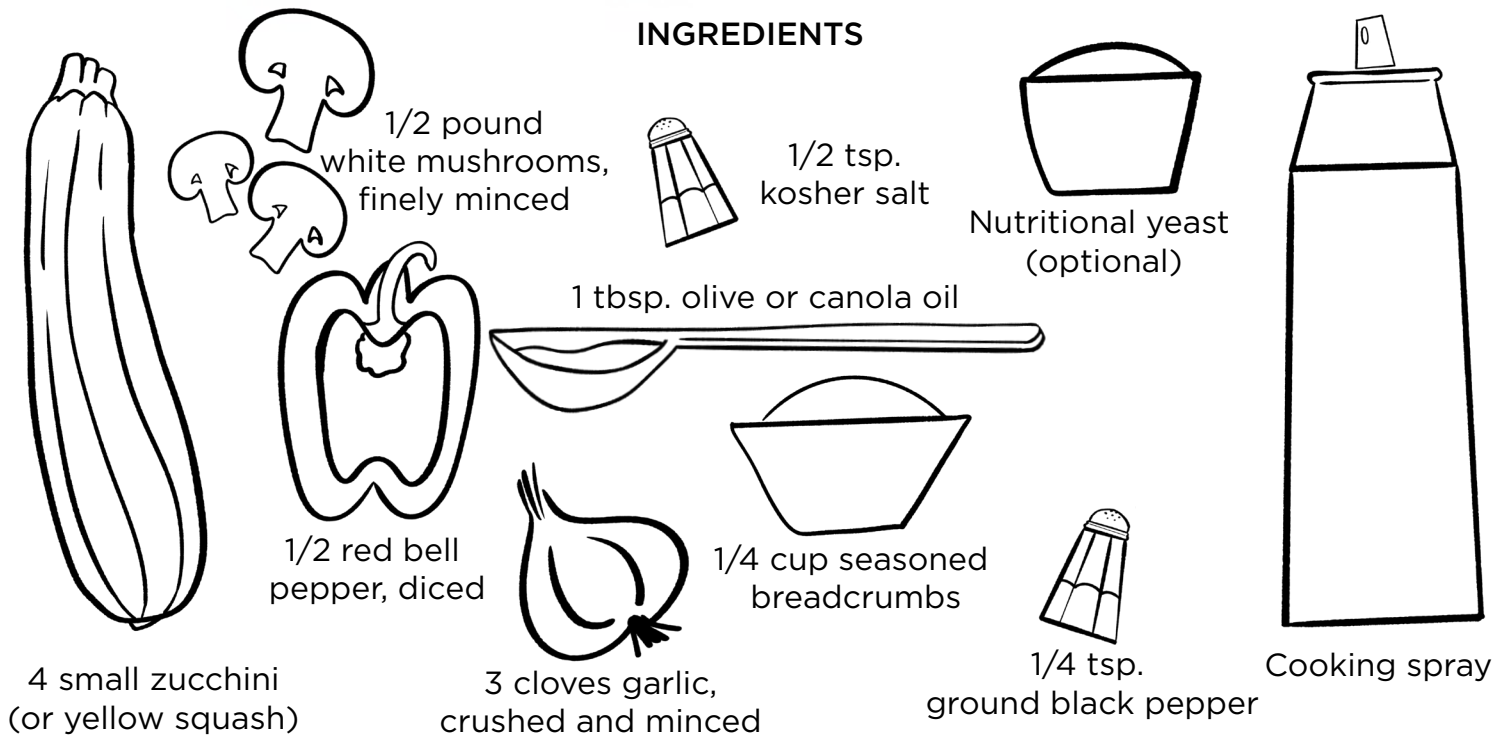
When you reach the end, do as many jumping jacks as you can in 30 seconds!



Color in the ingredients as you go!

ZUCCHINI BOATS

INGREDIENTS



DIRECTIONS

1. Preheat oven to 350°F.
2. Remove stem from zucchini then slice lengthwise. Using a spoon or small scoop, scoop out enough zucchini flesh to make a large well. Try not to pierce any holes in the zucchini. Place zucchini “boats” on a sheet pan or in an oven-safe baking dish and lightly spray with cooking spray. Set aside. **Do not discard zucchini flesh.**
3. Chop the scooped-out zucchini flesh into small pieces and set aside.
4. In a medium sauté pan, heat oil over medium-high heat until shimmering. When oil is hot, add half of the mushrooms, salt and pepper and cook for 3-4 minutes. Add remaining mushrooms and garlic and cook 3-4 more minutes.
5. Stir in chopped zucchini flesh and bell pepper. Continue cooking until vegetables are tender and liquid is absorbed. Sprinkle with 2 tablespoons breadcrumbs. Remove from heat.
6. Fill zucchini boats with vegetable mixture.
7. Sprinkle with remaining breadcrumbs, then nutritional yeast.
8. Bake about 20 minutes or until zucchini boats have softened and breadcrumbs begin to brown. Serve hot or warm.

