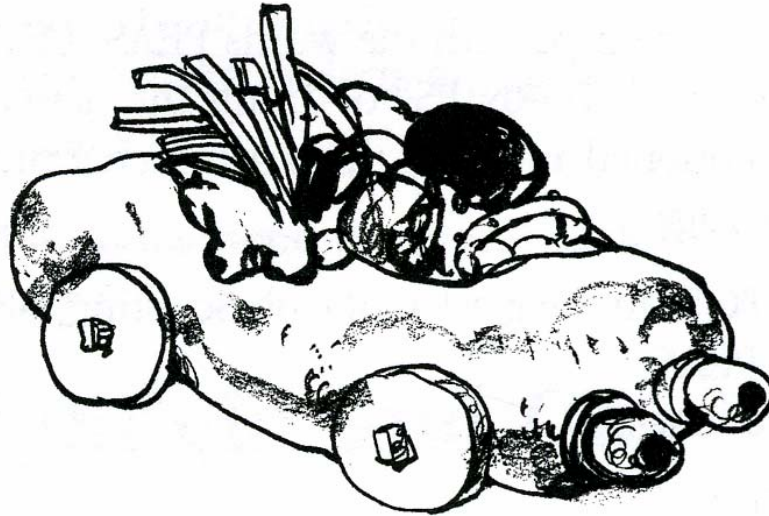


Edible Pinewood Derby Car

Slip your favorite vegetable dip inside one of these pinewood cars and drive your hunger away.



Utensils: Fork, ruler, cutting board, sharp knife, drinking straw, toothpicks, measuring cup, paper plates

Ingredients: Hoagie bun (one per car); cucumbers; carrots, pretzels; pretzels; pitted ripe black olives; broccoli; zucchini; cherry tomatoes; red, green, and yellow sweet peppers; vegetable dip (any flavor), $\frac{1}{4}$ cup per car

Use a fork to scoop out the center of the top of the bun, leaving about 2 inches on the side and 1 inch on the ends. Cut four $\frac{1}{4}$ inch thick slices of cucumber for the wheels. Cut two thin carrot sticks, each about 4 inches long, for the axles. (save the remaining carrots and cucumbers for dipping) About 1 to 2 inches from each end of the bun, push the drinking straw through the bun where the wheels will go to make holes for the axles. Next pole the straw through the center of the cucumber slices. Throw away the straw. Slide the carrots sticks through the bun for axles. Attach the cucumber slices to the axles for wheels. Stick a toothpick into two of the green stuffed olives. Cut a black olive into thick round slices. Push a slice onto each toothpick behind the whole green olives. Push the end of each toothpick into the front of the bun for headlights. Fill the bun with your favorite vegetable dip and vegetables. Use a pretzel for a windshield or steering wheel. Add two cherry tomatoes for driver and passenger. Eat and enjoy.

This is a great alternative to junk food at your pinewood derby event for some of your participants.