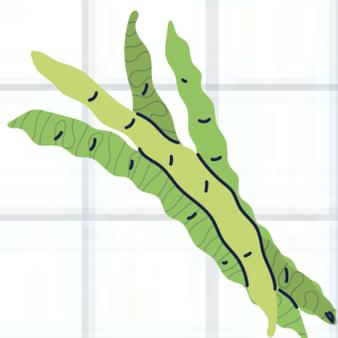




# La Filastrocca



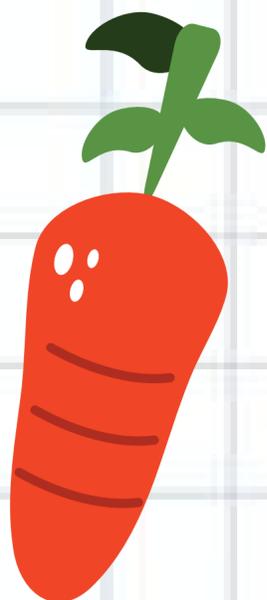
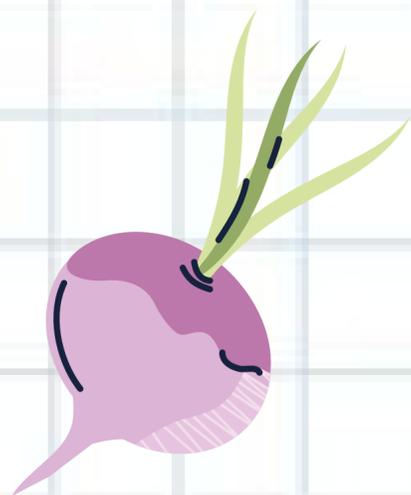
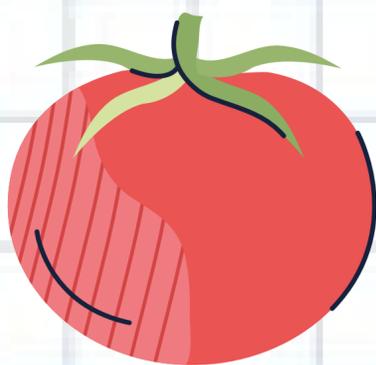
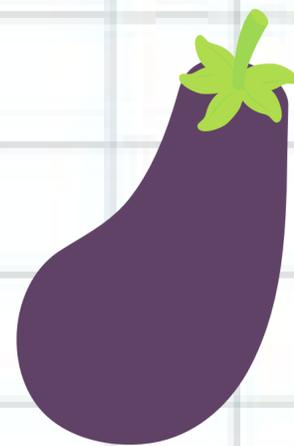
## della



## DADOLATA DI



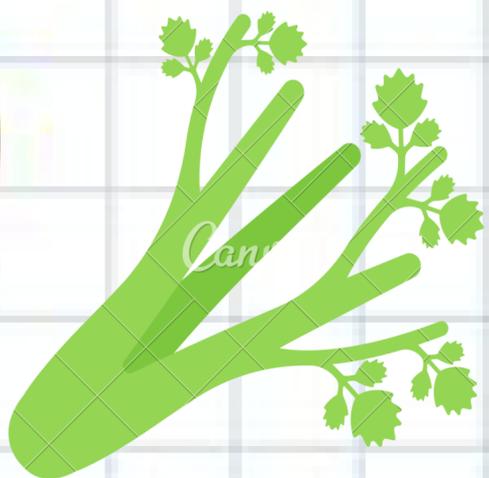
## VERDURE



**"Quanta  
verdura ho nel  
piatto" dice il  
bimbo  
soddisfatto**



**"insalata**

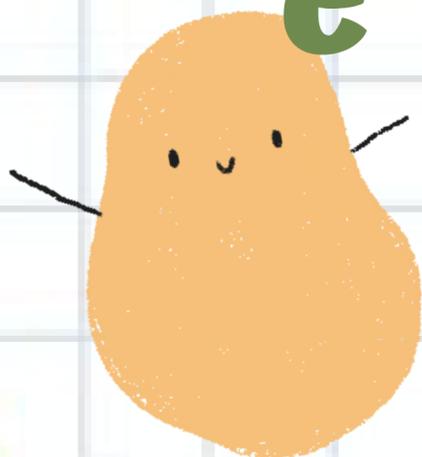


**sedano**

**fagioli**

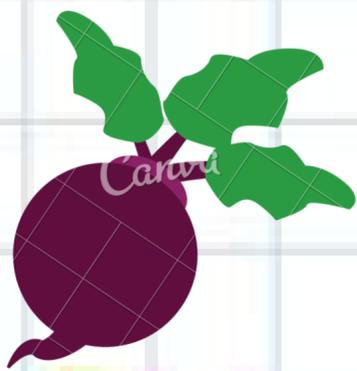


**e piselli**



**patate**

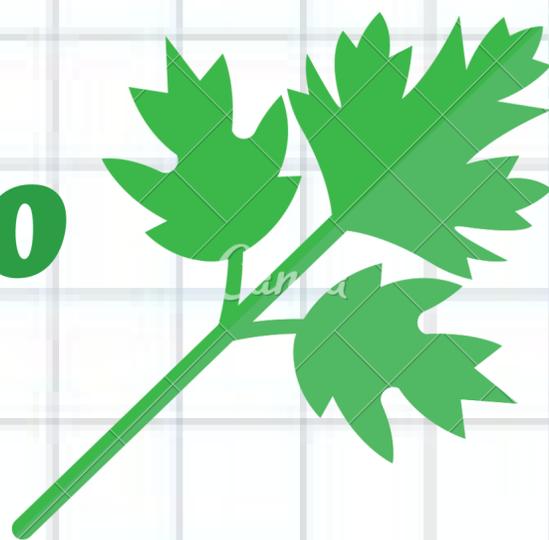
**cavolo**



**rapanelli**

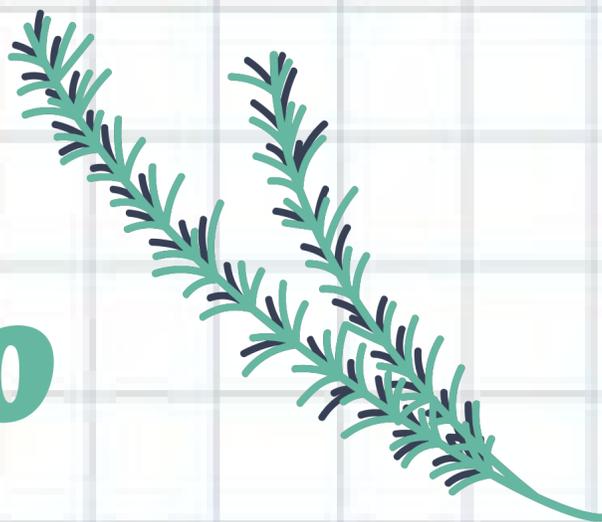


**prezzemolo**



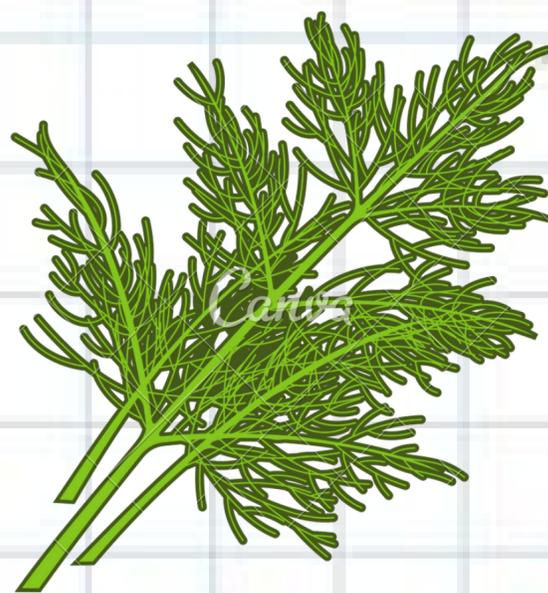
**aglio**

**rosmarino**



**salvia**

**Finocchio**



**vado matto per il  
carciofino,  
cucinato con l'  
olio extra-fino**





**solo le cipolle mi  
rendono un po' folle**



**la carota arancione é la  
mia vera passione,  
cucinata con il pomodoro  
ed un pizzico di alloro.**



**Mamma, mamma,  
cucinami una bella  
pastasciuttina  
senza nessuna paura  
mettici tanta verdura**





**tagliala in molti  
pezzettini, come  
se fossero dadini**



**mettici  
anche il  
parmigiano..  
e grattalo  
piano,  
piano...**





**Dai la pappa al tuo  
piccolo re... uno, due e  
tre!**

