Recipe
Takes 5-7 minutes
Makes 5 servings

YOU WILL NEED:
- 1 tablespoon
- 5 forks
- Large mixing bowl
- 5 plates
- Whisk
- Salad tongs
- Cutting board
- Knife (adults only)
- Peeler (adults only; optional)

Ingredients
For 5 servings

- 1/2 cup broccoli florets
- 1/2 cup cauliflower florets
- 1/2 cup cherry tomatoes
- 1 whole carrot
- 1 small cucumber
- 1 bag salad greens (or 1 small head)
  baby spinach works too!
- 1/2 cup croutons

Vinaigrette

- 8 tablespoons olive oil
- 4 tablespoons balsamic vinegar
- 1 tablespoon Italian seasoning

Preparation
Chop broccoli, cauliflower, cherry tomatoes, carrot and cucumber into bite-sized pieces (about 1”). In the mixing bowl, combine oil, vinegar and Italian seasoning and mix with a whisk. Add salad greens and vegetables and toss in vinaigrette with tongs. Add croutons, and then use tongs to portion salad onto plates. Enjoy!
Directions
1. Fill in the blank in the bubble.
2. Color the broccoli.
3. Add a cape to make the broccoli a super hero!

Eating broccoli and cauliflower can keep me ______________!