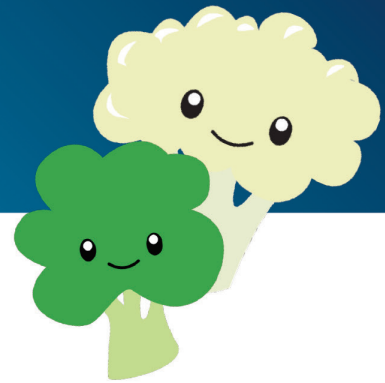


## Lesson 2: SALAD



### Recipe

Takes 5-7 minutes  
Makes 5 servings

### YOU WILL NEED:

tablespoon  
large mixing bowl  
whisk  
cutting board  
peeler (adults only; optional)

5 forks  
5 plates  
salad tongs  
knife (adults only)

### Ingredients

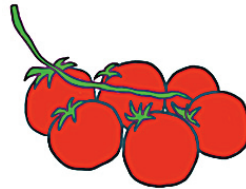
For 5 servings



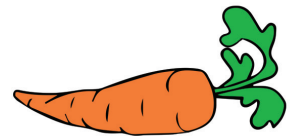
1/2 cup broccoli  
florets



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



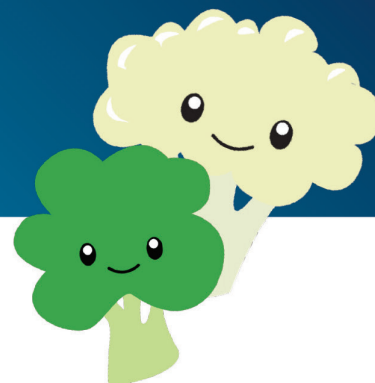
1 tablespoon  
Italian  
seasoning



### 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!

## Lesson 2: SALAD



### 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  
\_\_\_\_\_!

