



Recipes



Crunchy Salad with Garden Ranch Dressing

Prep time: 15 minutes

Makes: 12 servings

Tools:

- Book: "1 Big Salad: A Delicious Counting Book" by Juana Medina, "Lunch" by Denise Fleming, or any other book on healthy eating
- Salad and dressing ingredients
- Children's knives
- Children's cutting boards
- Grater or shredder
- Measuring cups and spoons
- Whisk
- Salad Bowl
- Salad spinner
- Colander(s)
- Serving utensils
- Paper bowls or plates
- Children's forks

Salad Ingredients:

- 2 cups salad greens
- ½ cup of strawberries
- 1/2 cup peas
- 1/2 cup diced carrots
- 1/2 cup radishes
- Optional: Salad toppings such as seeds, dried fruit, shredded cheese, hard boiled egg

Dressing Ingredients:

- 3 cups greek yogurt
- 3 tsp lemon juice
- 3 tsp dried parsley
- 1 ½ tsp dried dill
- 1 ½ tsp dried chives
- ¾ tsp garlic powder
- ¾ tsp onion powder
- ½ tsp salt
- ⅓ tsp black pepper
- ¼ cup milk

Directions:

1. Let the children know they are going to make a salad of their own! Split the children into small groups, and have them do as much of this activity as they can. They can at least attempt to do every aspect of this process.
2. Inquiry: Who remembers what a season is? What season are we in right now? During each season, different fruit and vegetables grow depending on the weather, place, and gardener. We are going to make a spring salad today with fruits and vegetables!
3. If any of the ingredients are available in the garden, harvest them for the salad.
4. Have children help wash all fruits and vegetables.
5. Once washed, put fruits and vegetables in a colander to drain excess water. Dry lettuce with a salad spinner. Children love this job!
6. Remind children about the Claw & Saw method. Have children help chop, slice, and cut the strawberries, peas, radishes with the teacher's help. Tear salad greens into bite-sized pieces.
7. Mix all of the salad ingredients together with help from the children.
8. Make the Garden Ranch Dressing by whisking together the ingredients in a bowl. Have children help measure and mix the ingredients for the dressing. Gradually and slowly add the milk last, until you reach the desired consistency.
9. Pour into a jar or other dressing container. Use dressing right away or refrigerate for at least 1 hour to let the flavors develop. Dressing can be stored in a sealed container in the refrigerator for up to 10 days.
10. Set up a salad bar! Put the Crunch Salad at the beginning, and set out bowls of different salad toppings for your children to scoop. Have the children line up and make their own salad.

