



# List of Supplies Needed

## Brussels Sprout & Pear Salad with Citrus Mustard Dressing Recipe

### General

- Recipe

Find detailed lesson plans, printable recipes & more at:

[foodliteracycenter.org/recipes](https://www.foodliteracycenter.org/recipes)

### Cooking

- Measuring cups & spoons
- Cutting mat/board
- Plastic/butter knife
- Large bowl
- Mixing spoon
- Microplane zester
- Small jar with lid
- Citrus squeezer/juicer (optional)

### Food & Produce

#### Brussels Sprouts and Pear Salad

- Brussels sprouts
- Pears
- Shaved almonds (optional)
- Salt
- Pepper

#### Citrus Mustard Dressing

- Orange
- Olive oil
- Brown mustard

