

Plant Parts Salad Recipe

Yield: 3-4 cups salad

Ingredients

1/2 cucumber, cubed

1/2 stem celery, diced

1/4 broccoli head, chopped

1/2 lettuce head, chopped

1 carrot, grated

1 Tablespoon roasted sunflower seeds

1/4 cup Honey Soy Dressing



Instructions for Adults

Assist children to ensure proper knife skills and safety.

Instructions for Kids

- Using a plastic knife, cut the cucumber and celery into 1-inch cubes. Do the same with the broccoli.
- Chop the lettuce with a plastic knife or tear by hand.
- With the help of an adult, grate the carrot.
- Add all the ingredients and the sunflower seeds to a large mixing bowl.
- Add 1/4 cup Honey Soy Dressing.
- Toss salad with tongs to combine. Serve and enjoy!

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