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



Assist children to ensure proper knife skills and safety.

Instructions for Kids

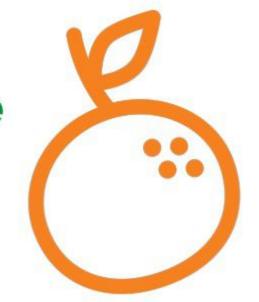
- Using a plastic knife, cut the cucumber and celery into 1-inch cubes. Do the same with the broccoli.
- Chop the lettuce with a plastic knife or tear by hand.
- · With the help of an adult, grate the carrot.
- Add all the ingredients and the sunflower seeds to a large mixing bowl.
- Add 1/4 cup Honey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

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Honey Soy Dressing Recipe

Yield: 11/4 cups salad dressing



Ingredients

1/2 cup canola oil1/4 cup sesame oil1/4 cup rice vinegar1/4 cup soy sauce2 Tablespoons honey

Instructions for Adults

Help kids measure recipe ingredients.

Instructions for Kids

- Measure ingredients and add them all to a jar.
 Screw the lid on tightly. Shake until combined, about 30 seconds or more.
- You can store any extra dressing in the fridge.
 It will keep for a few weeks.

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