

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!

Your Sandwich Can Save the World! Food Literacy Curriculum
© 2020 Food Literacy Center. All rights reserved.
Do not copy or share without written permission.



Find more recipes at: www.foodliteracycenter.org

Honey Soy Dressing Recipe

Yield: 1 1/4 cups salad dressing



Ingredients

1/2 cup canola oil
1/4 cup sesame oil
1/4 cup rice vinegar
1/4 cup soy sauce
2 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.

Your Sandwich Can Save the World! Food Literacy Curriculum
© 2020 Food Literacy Center. All rights reserved.
Do not copy or share without written permission.

Find more recipes at: www.foodliteracycenter.org

