

## chopped rainbow salad

### dice+pour+whisk

Let's make the salad dressing first! Have kids dice up **1 medium sized shallot** into very small pieces and add to your biggest salad bowl. Have kids measure out **¼ cup red wine vinegar** and **½ cup extra-virgin olive oil** and add to the shallots in the big salad bowl. Then squeeze out **1 tablespoon honey** into the salad bowl. Add **½ teaspoon of salt** and **a pinch of pepper** - add more to taste if you wish. Whisk everything together until nice and thick. Let the dressing sit in the bowl while you make the rest of the salad to let the flavors marry (AKA: get all yummy!)

*\* If your kids have a difficult time getting the shallots into small bits, you can add all of the salad dressing ingredients into your blender and blend on high until creamy and thick then add to the bottom of the big salad bowl!*

### chop+chop+sprinkle

Salad time! With a plastic salad knife have kids chop up **1 romaine lettuce heart**, **½ head of red cabbage**, **2 large Fuji apples**, **1 pear**, **2 carrots**, **2 stalks of celery**, **a handful of cherry tomatoes** and **8 oz of provolone cheese**. Add everything to the big salad bowl. Sprinkle of **a handful of dried currants** and **½ can of garbanzo beans (drained)**. Toss salad together with the dressing at the bottom of the salad bowl **and EAT with your lasagna cupcakes! It is SO colorful and SO delicious!**

### fun food facts:

- **The carrot is a member of the parsley family**, including species such as celery, parsnip, fennel, dill and coriander.
- **Carrots were first grown as a medicine** not a food.
- **Carrots are a root vegetable** that originated in Afghanistan.
- **They were purple, red, white, and yellow, but never orange.** In the 16th century, Dutch carrot growers invented the orange carrot in honor of the House of Orange, the Dutch Royal Family (for Kings and Queens). They did this by cross breeding pale yellow carrots with red carrots.
- **There is as much calcium in 9 carrots** as there is in a glass (250ml) of whole milk.
- **Three Carrots give you enough energy** to walk three miles.
- **Wild rabbits do not eat carrots** – you have been watching too much Bugs Bunny!

**Knock-Knock? Who's there? Carrot ! Carrot who ? Carrot me back home!**

