

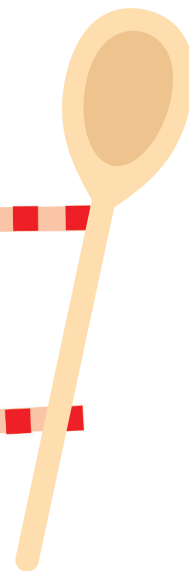


ShopRite



KIDZ COOK

Recipe of the Week!



TAKE ONE HOME AND TRY IT YOURSELF!

Spring Salad

Recipe Yield 6 Servings | ** Allergy Alert ** Dairy/Nuts

Ingredients

DRESSING:

- 3 tbsp lemon juice or balsamic vinegar
- 3 tbsp olive oil
- 1 tbsp lemon zest
- salt and pepper to taste
- 1 tbsp honey
- 1 tbsp Dijon mustard (optional)

SALAD:

- 1 package (5 oz) Spring mix greens
- 1 medium cucumber, peeled and sliced
- 1 cup fresh blueberries
- 1/2 cup strawberries
- 1 cup, chopped carrots, peeled
- 1/2 medium red onion finely chopped
- 1/2 cup feta crumbles
- Almond flakes or walnuts

Instructions

1. Add all the ingredients for the dressing to a bowl and mix until well combined.
2. Wash and slice all the vegetables and fruits according to your preference.
3. Place the spring mix lettuce into a large salad bowl, then add the blueberries, strawberries, red onion, and crumbled feta.
4. Pour the dressing over the salad and toss until well combined.
5. Optional: top with almond flakes or walnuts.
6. Serve immediately and enjoy!

Enjoy!

STATEN ISLAND CHILDREN'S MUSEUM
Expanding minds & imaginations since 1974