

Build-a-Salad

LEADER'S CHECKLIST FOR COOKING STATIONS

Set up cooking stations for each group of three to four children. Children will prepare ingredients for the Build-a-Salad recipe. Refer to **Cook Together** recipe card. Families will make the salad dressing and build a salad for sampling. Plan for ¼-cup salad samples.

EQUIPMENT

- Table knife
- Cutting board
- Slotted spoon
- Can opener
- Small mixing bowl
- Fry boat (for samples)
- Sporks
- Napkins

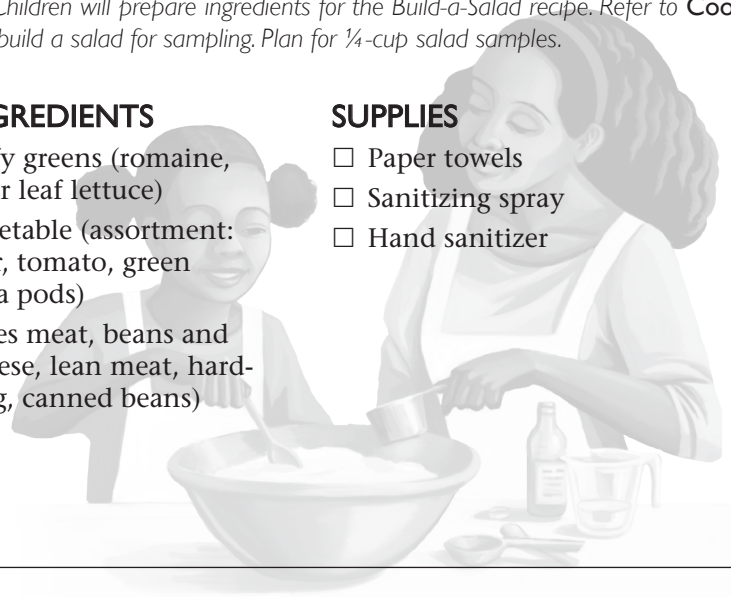
RECIPE INGREDIENTS

- 1 cup leafy greens (romaine, spinach or leaf lettuce)
- 1 cup vegetable (assortment: cucumber, tomato, green beans, pea pods)
- 2–3 ounces meat, beans and milk (cheese, lean meat, hard-boiled egg, canned beans)

SUPPLIES

- Paper towels
- Sanitizing spray
- Hand sanitizer

NOTES



Cook Together: Youth Lessons

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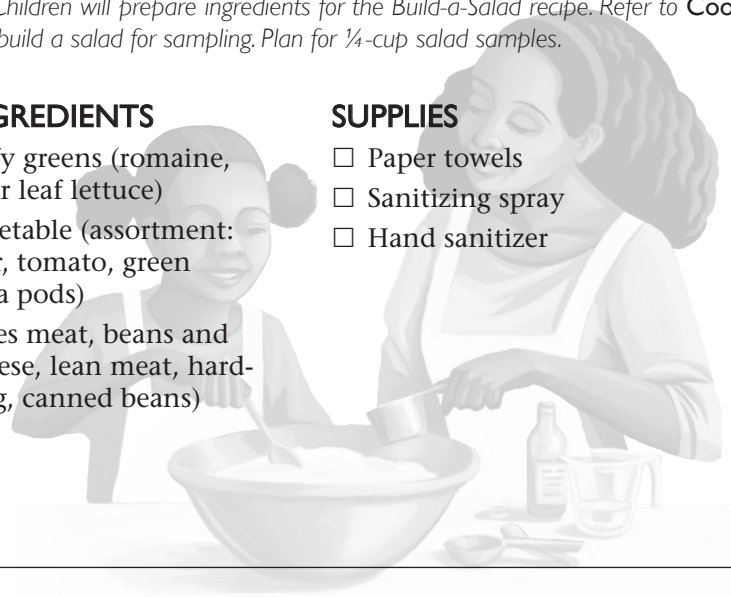
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