CHOPPED SALAD

SERVES 8

Preparation time: 30 minutes

INGREDIENTS

1 clove garlic, peeled and minced
1 teaspoon Dijon mustard
2 tablespoons red wine vinegar
⅓ cup extra-virgin olive oil or canola oil
Salt and freshly ground black pepper to taste
1 large-sized head romaine lettuce, washed and dried
4 carrots, peeled
4 celery stalks
½ small red onion, skin removed
1 cucumber, peeled
4 plum tomatoes, halved widthwise, cored and seeded
1 can garbanzo beans (chickpeas), drained, rinsed, and dried

DIRECTIONS

1. To prepare dressing, whisk together garlic, Dijon mustard, red wine vinegar, and oil until combined. Season with salt and pepper to taste. Refrigerate until ready to serve the salad.

2. To prepare salad: Wash vegetables. Chop lettuce and vegetables to desired size. When ready to serve, toss all vegetable ingredients together.

3. Drizzle salad mixture with dressing, one spoonful at a time, making sure not to over-dress.

TIPS & VARIATIONS

• FOR QUICK PREPARATION roll romaine lettuce leaves together and chop with a chef’s knife.

• OLDER CHILDREN can practice chopping celery and cucumbers during salad preparation.

SIMPLY GOOD EATING

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