

B. Red Leaf Lettuce and Strawberry Salad



Prep time: 15 minutes
Serves: 4
Serving size: 1 cup

Utensils needed

- Colander
- Small jar with tight-fitting lid
- Measuring spoons
- Measuring cup
- Knife
- Cutting board
- Large mixing bowl
- Mixing spoon

Ingredients

Dressing*

- 1/3 cup of vegetable oil
- 3 tablespoons of vinegar
- 2 tablespoons of honey
- 1 teaspoon of mustard
- 1/8 teaspoon of salt
- 1/8 teaspoon of cinnamon

**Option: Substitute 1/2 cup of balsamic vinaigrette or another low-fat dressing*

Salad

- 4 cups of red leaf lettuce greens
- 1/4 pound of strawberries, sliced (about 1 cup)

Directions

1. Wash your hands and clean your cooking area.
2. In a small jar with a tight-fitting lid, combine the oil, vinegar, honey, mustard, salt, and cinnamon. Cover the jar and shake it well. If no jar is available, blend the ingredients in a bowl with a fork. Chill the dressing until it's time to serve it.
3. Rinse and cut the leafy tops off the strawberries and slice them lengthwise into fourths.
4. Place the red leaf lettuce greens in the colander and run water over them. Drain them and pat them dry.
5. In a large mixing bowl, combine the lettuce and sliced strawberries. Toss them gently.
6. Drizzle the dressing over the salad as desired.

Nutrition Facts	
Serving Size 1 cup Servings Per Container 4	
Amount Per Serving	
Calories 210	Calories from Fat 160
% Daily Value*	
Total Fat 19g	29%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 11g	
Protein 1g	
Vitamin A 40%	• Vitamin C 45%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Kitchen math and science

1. What vitamin does leaf lettuce have a lot of? _____
2. Which is larger (circle one)? tablespoon or teaspoon
3. The recipe calls for 2 tablespoons of honey but you have only 1 teaspoon. How many teaspoons would it take to equal 2 tablespoons? _____ (hint: 1 tablespoon equals 3 teaspoons)
4. If you doubled the recipe, how many cups of strawberries would you need? _____
5. Look at the nutrition label. How much more vitamin C is there than vitamin A? _____



www.jmgkids.us/LGEG

How the children can help: Wash the produce, measure the ingredients, combine the dressing ingredients, shake the dressing, and drizzle the dressing over the salad