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**

<table>
<thead>
<tr>
<th>Serving Size 1 cup</th>
<th>Servings Per Container</th>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>% Daily Value*</th>
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<td>Total Fat</td>
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<td>Saturated Fat</td>
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<td></td>
<td></td>
<td>Iron</td>
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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**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? ________

**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

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