# 1. Sunflower Spinach Chard Power Salad

**Prep time:** 15 minutes

**Serves:** 8

**Serving size:** 1/2 cup

## Utensils needed

- Colander
- Measuring cup
- Knife
- Cutting board
- Large mixing bowl
- Mixing spoon

## Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 8

| Amount Per Serving | |
|---|---|
| **Calories** 60 | Calories from Fat 30 |
| | **% Daily Value*** |
| **Total Fat** 3g | **5%** |
| Saturated Fat 0g | **0%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 170mg | **7%** |
| **Total Carbohydrate** 8g | **3%** |
| Dietary Fiber 1g | **4%** |
| Sugars 4g | |
| **Protein** 1g | |
| Vitamin A 25% • Vitamin C 8% | |
| 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

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## Ingredients

2 cups of Swiss chard leaves, thinly sliced
2 cups of baby spinach
1/3 cup of balsamic vinaigrette dressing
1/3 cup of roasted sunflower seeds, lightly salted
Optional: 1/3 cup of dried cranberries

## Directions

1. Wash your hands and clean your cooking area.
2. Rinse the chard leaves and pat them dry.
3. Cut away and discard the stems. Cut the leaves into 1/4-inch slices.
4. Place the baby spinach in a colander and run water over it. Drain it and pat it dry.
5. In a large mixing bowl, combine all the ingredients. Toss the salad gently.

## Kitchen math and science

1. What percentage of the daily value of vitamin A is in 1 serving of Sunflower Spinach Chard Power Salad? _____
2. How many leaves of Swiss chard did it take to fill 2 cups after they were thinly sliced? _____
3. What are 5 edible colors of Swiss chard?

   _____ _____ _____

   _____ _____

   (Hint: Use your *Veggie Mania Research Chart*)
4. Swiss chard contains a large amount of vitamin K. What percentage of the recommended amount for vitamin K is in 1 cup? (Hint: Use your *Veggie Mania Research Chart*)? _____
5. How many calories are in 1 serving of this recipe? _____

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

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