

I. 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	

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? _____

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

