

# 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

## 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.

## 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	Less than	300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## 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? \_\_\_\_\_

[www.jmgkids.us/LGEG](http://www.jmgkids.us/LGEG)

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

