



## LEAFY GREENS & SALADS

### Create Your Own Salad

Create your own salad mix by tossing together at least three varieties. Here's a basic formula:

1. Start with a mild lettuce or green, like Boston, Bibb or endive
2. Then add a crisp lettuce or green, like romaine or cabbage
3. A great third variety would be tart, peppery, or bitter greens, like arugula or radicchio

After your foundation of greens is mixed, you can add other goodies like carrots, cucumbers and tomatoes, or you can try more exciting elements like beets, hearts of palm, sunflower seeds, pine nuts, artichoke hearts and more.

### Maple Balsamic Vinaigrette

Dresses 1½ lbs. of greens

#### INGREDIENTS

- 2 Tbsp. balsamic vinegar
- 2 Tbsp. maple syrup
- 1 clove garlic, minced
- ½ cup olive oil
- 1 tsp. Dijon mustard (optional)
- Salt and pepper, to taste

#### INSTRUCTIONS

Whisk together above ingredients. Toss with mixed greens, adding a small amount to begin with, adding more as needed.



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### Yogurt Dill Dressing

Makes  $\frac{3}{8}$  c., dresses 1 lb. of greens

#### INGREDIENTS

- 1 Tbsp. lemon juice
- $\frac{1}{2}$  tsp. honey
- 3 Tbsp. yogurt
- 2 Tbsp. olive oil
- 1 tsp. dried dill (or 1 Tbsp. chopped fresh)

#### INSTRUCTIONS

1. Whisk the lemon juice and honey in a bowl.
2. In a separate bowl, whisk the yogurt, olive oil and dill together.
3. Add the yogurt mix to the lemon juice mix while whisking.
4. Add salt and pepper to taste.



### Honey Apple Cider Dressing

Makes  $\frac{3}{8}$  c., dresses 1 lb. of greens

#### INGREDIENTS

- 2 Tbsp. apple cider vinegar
- 2 tsp. Dijon mustard
- $\frac{1}{2}$  tsp. honey
- $\frac{1}{4}$  cup olive oil

#### INSTRUCTIONS

1. In a bowl, mix everything except the olive oil.
2. Trickle the oil in slowly while blending or whisking vigorously until the dressing is thick and smooth.



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### Rainbow Coleslaw

10 ½-cup servings

#### INGREDIENTS

- 2 cups shredded green cabbage
- 2 cups shredded red cabbage
- 1 carrot, shredded with vegetable peeler
- 1 red bell pepper, cut in thin strips
- 1 yellow bell pepper, cut in thin strips
- ¼ cup low-fat mayonnaise or yogurt
- 2 Tbsp. each: vinegar, lemon juice, and honey
- ¼ cup onion, minced very small
- Salt and pepper, to taste



#### INSTRUCTIONS

1. Mix all ingredients together. Enjoy!

### Flavored Oil Dressing

#### INSTRUCTIONS

1. Place herb or spice of your choice, such as rosemary or thyme, in a heavy saucepan.
2. Add one cup of canola oil (canola oil has no flavor and stays liquid in the refrigerator making it perfect for infusing).
3. Warm over low heat stirring occasionally for 20 minutes.
4. Let cool for several hours.
5. Use the oil for salad dressing with lemon juice, salt, and pepper to taste.



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### Lemon Ginger Broccoli

YIELD: 6-8 servings

#### INGREDIENTS

¼ c. soy sauce or tamari  
3 Tbsp. fresh lemon juice  
1 Tbsp. grated lemon zest  
1 Tbsp. grated fresh ginger  
1½ tsp. toasted sesame oil  
8 c. bite-sized broccoli florets  
and peeled stems  
(about two medium crowns)

#### INSTRUCTIONS

To prepare the sauce, combine the soy/tamari sauce, lemon juice, lemon zest, freshly grated ginger, and sesame oil in a small bowl. Whisk to combine.

Steam the broccoli for about 3-4 minutes until tender but still crisp. Drain well.

In a large bowl, combine the broccoli and sauce and toss to coat the broccoli.

Serve hot, warm or at room temperature.

Optional: Sprinkle with toasted sesame seeds

*\*\*Be sure to give students an opportunity to try broccoli without sauce first to compare. This sauce may also be served as a dip\*\**