

## Strawberry Spinach Salad

### Ingredients:

- 1 ½ T Olive Oil
- 2 T Trader Joe's Orange Muscat Champagne Vinegar
- 1 lb Fresh spinach, washed, trimmed and torn
- 2 C Sliced strawberries

### Equipment:

- Measuring cup
- Measuring spoons
- Large salad bowl
- Salad servers
- Tongs
- Disposable gloves

### Directions:

1. Combine olive oil and vinegar in large salad bowl. Swish around to coat bowl.
2. Add well washed spinach and strawberries and gently toss
3. Serve

## Kohlrabi With Basil and Tomato

### Ingredients:

- 3 Medium sized Kohlrabi
- 24 Basil leaves
- 12 Cherry tomatoes

### Equipment:

- 2 cutting boards
- 2 knives
- vegetable peeler
- 2 cutting boards
- disposable gloves

### Directions:

1. Wash kohlrabi, tomatoes, and basil leaves thoroughly
2. Remove kohlrabi leaves and stems and peel skin
3. Slice in ¼" pieces; slice in half again depending on size
4. Cut tomatoes in half
5. Assemble: slice of Kohlrabi, basil leave on top, followed by tomato

**Variation:** Slice of kohlrabi with dollop of hummus and a cherry tomato

## Kale Salad

### Ingredients:

- 1 bunch flat leaf kale
- ¼ C olive oil
- juice of one lemon
- 2-3 cloves garlic
- 1 t salt
- ¼ t pepper

### Equipment:

- small mixing bowl
- salad bowl
- measuring cup
- whisk
- 2 knives
- 2 cutting boards
- measuring spoon
- disposable gloves
- mortar & pestle
- salad servers

### Directions:

1. Wash the kale thoroughly, chop it into fine pieces, and set aside
2. Measure ¼ cup olive oil into small bowl
3. Squeeze the juice of one lemon and whisk in with olive oil
4. Mash three cloves garlic with one tsp salt
5. Add the juice, olive oil and garlic to salad bowl and swish around
6. Add the kale and toss
7. Add pepper and toss again

## Green Smoothies [aka Shrek Smoothies]

### Ingredients:

- 1 small banana
- 2 large handfuls of spinach
- ½ C water
- 2 T lemon juice
- ½ T honey (increase if needed)
- ice

### Equipment:

- Blender
- Measuring spoons
- Measuring cup

### Directions:

1. Place all ingredients in a blender and blend until smooth.
2. Adjust ingredients as needed (more banana for thickness, ice for coldness, and/or honey for sweetness)

**Variation:** Add berries when in season to vary the flavor

## Radish Canapes

### Ingredients:

- Whole grain crackers
- Cream cheese
- Thinly sliced radishes
- Salt
- Pepper

### Equipment:

- Knife
- Cutting board
- Table knife
- Serving tray or individual plates

### Directions:

1. Wash the radishes thoroughly and cut into thin slices
2. Spread a thin layer of cream cheese on each cracker
3. Add one or two thin radish slices on top of the cream cheese
4. Lightly sprinkle salt and pepper on top

## Swiss Chard Salad

### Ingredients:

- Swiss chard, chopped
- ¼ C walnuts (don't use if allergic)
- ¼ C orange juice
- 1 T Dijon mustard
- 2 T honey
- ½ C olive oil
- balsamic
- salt and pepper

### Equipment:

- Knife
- Cutting board
- Serving bowl
- Medium bowl or jar with lid
- Spoon
- Measuring cups
- Measuring spoons

### Directions:

1. Wash the chard thoroughly
2. Chop or tear chard and place in serving bowl
3. Mix the remaining ingredients in the medium bowl or place in jar with lid and shake until thoroughly integrated
4. Dribble half of the dressing on chard and mix until evenly coated (if you are making this salad in advance, allow it to sit for 1 hour before serving to soften the chard)