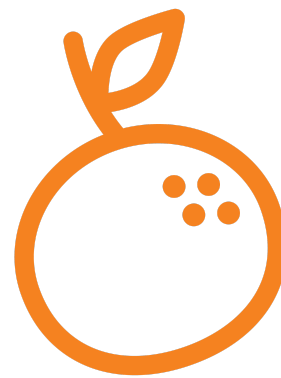


Brussels Sprouts and Pear Salad Recipe



Yield: 7 cups

Ingredients

6 cups Brussels sprouts, shredded
2 pears, diced in 1/2-inch cubes
1 cup Citrus Mustard Dressing
2 Tablespoons shaved almonds for garnish (optional)
Salt and pepper, to taste

Instructions for Adults

Assist children with knife safety.

Instructions for Kids

- Use a plastic knife to finely shred the Brussels sprouts.
- Cut the pears into 1/2 inch cubes.
- Add all ingredients to a large bowl.
- Add Citrus Mustard Dressing and toss.
- Top with shaved almonds (if using), and enjoy!

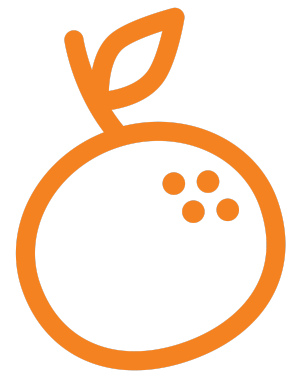
Your Sandwich Can Save the World! Food Literacy Curriculum
© 2020 Food Literacy Center. All rights reserved.
Do not copy or share without written permission.

Find more recipes at: www.foodliteracycenter.org



Citrus Mustard Dressing

Recipe



Yield: 1 cup

Ingredients

Juice and zest from 1 orange (about 1/2 cup juice)

1/2 cup olive oil

1 Tablespoon brown mustard

Instructions for Adults

Assist children with knife safety.

Instructions for Kids

- With the help of an adult, use a microplane zester to zest the orange. Then cut the orange in half. Squeeze the orange juice into a jar.
- Add zest, olive oil, and mustard to the same jar.
- Close the jar and shake vigorously to combine.
- Mix dressing into salad. Serve and enjoy!

Your Sandwich Can Save the World! Food Literacy Curriculum
© 2020 Food Literacy Center. All rights reserved.
Do not copy or share without written permission.

Find more recipes at: www.foodliteracycenter.org

