



Salad Bar (Kid Friendly)

Use this as a guideline for making interesting salads for a crowd! This is a great way to get kids excited about salad.

<u>U.S.</u>		<u>Metric</u>
15 cups	Greens, such as Spinach, Romaine, or Mesclun Mix	300g
1 cup	Broccoli Florets, blanched	155g
1 cup	Green Beans, halved, blanched	150g
1 small	Red Onion, sliced thin	1 small
2 each	Carrots, shredded	2 each
2 each	Cucumber, half moons	2 each
1 cup	Grapes, halved	150g
1 cup	Cherry Tomatoes, halved	150g
1 cup	Walnuts or Pecans, toasted	150g
1 cup	Chickpeas, roasted or sauteed	170g
2 each	Bell Pepper, any color, large dice	2 each
1 cup	Asparagus, cut into 2" pieces and blanched	150g
10 each	Eggs, hard boiled and sliced	10 each
2 each	Apple, sliced	2 each
1 cup	Corn, roasted	150g
1 cup	Black Olives, sliced	150g
2 each	Avocado, sliced or mashed	2 each

Preparation:

1. Gather all ingredients and equipment.
2. Lay out ingredients in individual bowls with serving utensils so everyone can build their own salad.
3. Top each serving with 2 tablespoons of the salad dressing of your choice.

****Nutrition Facts on Reverse**

Nutrition Facts

20 Servings

Serving size **1 1/2 cups, not including dressing**

Amount per serving

Calories **160**

Calories from Fat 90

Total Fat 10 g

 Saturated Fat 1.5 g

 Trans Fat 0 g

 Monounsaturated Fat 4 g

Cholesterol 95 mg

Sodium 110 mg

Total Carbohydrate 15 g

 Dietary Fiber 4 g

 Total Sugars 5 g

 Includes 0g Added Sugars

Protein 7 g

Vitamin D 0 %

Calcium 4 %

Iron 8 %

Potassium 447 mg

Phosphorus 106 mg

**Note, nutrition will vary based on toppings used*