



SALAD WITH PEANUT DRESSING

MATERIALS:

Sharp Knife
Can Opener
Cutting Board
Measuring Spoons

Forks
Large Bowl

INGREDIENTS:

Salad:

1 medium head of lettuce
1 medium red bell pepper
1 small apple
8 snow peas
1 can mandarin oranges

Dressing:

2 Tablespoons peanut butter
2 tablespoons canola oil
2 teaspoons reduced soy sauce
2 teaspoons distilled vinegar

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DIRECTIONS:

1. Rinse lettuce. Pat dry. Tear into bite-sized pieces.
2. Rinse bell pepper. Remove core and seeds. Cut into bite-sized pieces.
3. Rinse apple. Cut into thin slices. Then, cut slices into matchsticks.
4. Rinse snow peas. Slice thinly on the diagonal.
5. Drain mandarin oranges, reserving juice.
6. In a large bowl, add peanut butter, oil, soy sauce, vinegar, and 1 Tablespoon reserved mandarin orange juice. Mix until well blended. salt and pepper. Toss to combine.
7. Add lettuce, bell pepper, apple, snow peas, and drained mandarin oranges to bowl with dressing. Toss to coat.

Chef's Notes:

- If you have leftover cooked chicken, use 1 ½ cups.
- Use 4 cups spinach instead of romaine, if you prefer.
- For extra color and flavor, add grated carrots.
- You can use rice vinegar instead of distilled white vinegar.