

# Sweet Red Pepper

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## RAINBOW VEGETABLE SALAD

Makes approximately 10 child sized servings

### INGREDIENTS

- 1 stalk broccoli, cut into 1" pieces, (or 1 cup sugar snap peas)
- 1 cup cherry tomatoes, halved
- 2 carrots, cut into coins
- 1 yellow summer squash, cut into bite sized pieces (or 1 jicama, peeled and cut into 1/2" cubes)
- 1/4 of a purple onion, chopped
- 1 cup Italian dressing

### SUPPLIES

- 6 medium bowls
- 1 large bowl
- mixing spoon
- cutting board
- paring knife

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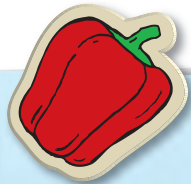
## **NOTE TO GROWN-UPS**

The salad will need at least 1 hour to marinate. You may want to cut the vegetables into appropriate pieces before inviting your child to join you.

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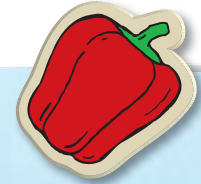
The salad will need at least 1 hour to marinate. You may want to cut the vegetables into appropriate pieces before inviting your child to join you.

## **DIRECTIONS**



1. Invite your child to wash their hands and join you for a cooking activity.
2. Tell your child they will be making a rainbow salad.
3. Ask them to place each vegetable in the large bowl.
4. Measure and add the Italian dressing to the vegetables.
5. Stir until all ingredients are well combined.
6. Refrigerate for at least 1 hour.
7. Before serving, stir again.
8. Eat and enjoy!

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