

Broccoli

SPICY BROCCOLI SALAD

Makes approximately 6 servings

INGREDIENTS

- 3 cups chopped broccoli
- ¼ cup sunflower seeds, salted
- ¼ teaspoon garlic powder
- 1 teaspoon sugar
- juice from half of one lime
- ¼ teaspoon hot sauce
- 1½ teaspoons soy sauce
- 1 teaspoon fish sauce (optional)
- 1 tablespoon oil

SUPPLIES

- 1 large bowl
- small bowl
- measuring spoons
- measuring cups
- mixing spoon

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NOTE TO GROWN-UPS

Though the list of ingredients may look long, this is a very simple recipe. Most of the ingredients get stirred together to make the dressing.



DIRECTIONS

1. Invite your child to wash their hands and join you for a cooking activity.
2. Measure and add the broccoli to the large bowl.
3. Measure and add half the sunflower seeds.
4. Measure and add the garlic powder and sugar in the small bowl.
5. Squeeze the juice from the lime and add it to the mixture.
6. Measure and add the hot sauce, soy sauce and fish sauce to the mixture.
7. Stir these ingredients until well combined.
8. With a fork, whisk the oil into the lime mixture until blended.
9. Pour over the broccoli and sunflower seeds.
10. Stir until all the ingredients are well combined.
11. Cover and refrigerate for 1 hour or until ready to serve.
12. Sprinkle the remaining sunflower seeds over the salad.
13. Eat and enjoy!

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