

# Rainbow Salad

---

## Ingredients for 25 taste-testing servings    Equipment

- |     |  |     |                          |
|-----|--|-----|--------------------------|
| 2   | heads of lettuce washed (like romaine)   | 1   | large bowl               |
| 3   | cups of chopped veggies in many colors and shapes like carrot circles, cucumber triangles, and radishes sticks | 3-4 | small bowls              |
|     |  | 1   | pair of tongs            |
| 1   | package of Wisconsin dried cherries  | 1   | mason jar or plastic jar |
| 1/2 | Cup olive oil  |     |                          |
| 1/8 | Cup apple cider or red vinegar   |     |                          |
| 1   | tbs mustard  |     |                          |
|     | Honey  |     |                          |

### Directions

1. Have students wash their hands and roll up their sleeves! Explain that they are about to make a rainbow salad with their own hands!
2. Distribute big leaves of lettuce to each table in small bowls. Encourage students to grab pieces of lettuce and rip into small, bite-sized pieces. They should put their ripped up lettuce into their taste-testing boats or plates.
3. Once students are finished ripping lettuce, distribute the chopped veggies, naming their shapes, "Carrot circles", etc. Pass out spoonfuls of dried fruits like dried cherries or cranberries.
4. Combine salad dressing ingredients into mason jar, have students say 'shake, shake, shake!' while you shake. Pass out dressing onto kid salads. All take a big rainbow salad bite together!



REAP Food Group  
reapfoodgroup.org

Madison's Farm to School Program is a project of:

AmeriCorps Farm to School



---

# Rainbow Salad

---

## Ingredients for 25 taste-testing servings    Equipment

- |     |  |     |                          |
|-----|--|-----|--------------------------|
| 2   | heads of lettuce washed (like romaine)   | 1   | large bowl               |
| 3   | cups of chopped veggies in many colors and shapes like carrot circles, cucumber triangles, and radishes sticks | 3-4 | small bowls              |
|     |  | 1   | pair of tongs            |
| 1   | package of Wisconsin dried cherries  | 1   | mason jar or plastic jar |
| 1/2 | Cup olive oil  |     |                          |
| 1/8 | Cup apple cider or red vinegar   |     |                          |
| 1   | tbs mustard  |     |                          |
|     | Honey  |     |                          |

### Directions

1. Have students wash their hands and roll up their sleeves! Explain that they are about to make a rainbow salad with their own hands!
2. Distribute big leaves of lettuce to each table in small bowls. Encourage students to grab pieces of lettuce and rip into small, bite-sized pieces. They should put their ripped up lettuce into their taste-testing boats or plates.
3. Once students are finished ripping lettuce, distribute the chopped veggies, naming their shapes, "Carrot circles", etc. Pass out spoonfuls of dried fruits like dried cherries or cranberries.
4. Combine salad dressing ingredients into mason jar, have students say 'shake, shake, shake!' while you shake. Pass out dressing onto kid salads. All take a big rainbow salad bite together!



REAP Food Group  
reapfoodgroup.org

Madison's Farm to School Program is a project of:

AmeriCorps Farm to School

