

MAY: Spinach and Chicken Spring Salad w/ Raspberry Vinaigrette •

Prep time: 25 mins Serves: 2 servings

Ingredients:

- 2 cups raw local spinach
- 1 cup fresh raspberries
- 1 cup fresh strawberries
- ¼ cup almonds
- 1 cup sliced carrots
- ½ avocado, cubed
- ⅓ cup dried cranberries, fruit juice sweetened
- ¼ small red onion, sliced or chopped
- 1 cup shredded or cubed chicken (meatless option: 4 oz. goat cheese)



For the Dressing:

- ½ cup avocado or sunflower oil (or other light flavored oil)
- 1 cup fresh raspberries
- ¼ cup honey (or to taste)
- 1 teaspoon prepared Dijon mustard
- 3 tablespoons apple cider vinegar (or to taste)
- Pinch of salt to taste

Directions:

For the Salad: Toss together all salad ingredients. Divide and place on two plates.

For the Dressing: Makes approx. 1¼ cups

Blend all ingredients together with a blender or whisk until smooth. Store in an airtight bottle or container for up to 2 weeks.



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HOME SURVEY: Fill out and return this survey to your homeroom teacher.

1. Did your children help prepare this recipe?

(circle one)	YES	NO
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2. Did your family enjoy preparing this month’s featured recipe?

YES	NO
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3. Is this the first time your family members have tried this vegetable / fruit?

YES	NO
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4. Did your family members learn new facts or information about this month’s fruit or vegetable?

YES	NO
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5. Did your family like this month’s featured item?

YES	NO
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