**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**RECIPE:** Picture Perfect Salad

**Servings:** 4 people **Oven Temp**:400°F

Baking Time: 5 - 10 minutes

Creamy dressing:

25 ml Mayonnaise

7 mL Garlic powder

15 mL Vinegar

7 mL Dijon mustard

7 mL lemon juice

dash Worcestershire

25 mL Olive oil

15 mL water

2 Slices of Bacon, cooked

1/3 Head of Romaine

1/6 Head of Iceberg

1/4 Head of Spinach

*What 4 ingredients did you choose?*

*\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

Croutons:

2 slices Bread

30 mL Melted margarine

1 mL Seasoning salt

2 mL Oregano

2 mL Garlic Powder

**\*REMINDERS**

-damp towel under cutting board

Bacon is cooked when it shrinks, white turns pink, meat is brown

- Cool frying pan with grease then use paper towel and tongs to move grease into the compost.

- carrots should be peeled

-Wash vegetables before cutting up

**Instructions**

1) Preheat oven to 400F.

2) Cut bread into small cubes and place into a bowl. Drizzle melted margarine over the bread cubes. Add seasoning salt, oregano, and garlic powder, tossing to coat evenly.

3) Place bread cubes onto cookie sheet in a single layer and place in oven. Toss every 3-4 minutes until they are golden brown on all sides. WATCH CAREFULLY!!!!!!

4) Wash and carefully dry lettuce leaves and tear into bite sized pieces and place in a large salad bowl.

5) In a separate bowl, whisk together mayonnaise, garlic powder, vinegar, lemon juice, mustard and worcestershire sauce. Gradually whisk in olive oil and water until blended and smooth.

6) Prepare the additional “personalized” items.

7) Place all ingredients into the salad bowl then toss desired amount of dressing with salad green mixture. Top with crouton

PERSON B: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PERSON D: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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PERSON A: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PERSON C: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**LAB DUTIES:**

Dishwasher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Housekeeper: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dish Dryer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Special Duties: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Vegetable tray

Dressing tray

Crouton tray

**QUESTIONS**: Reference: Fruits and Vegetables Handout

1. Caesar salad dressings were commonly made at home using \_\_\_\_\_\_\_\_\_\_ because they helped bind the oil and water together making an **emulsion**. We are using \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that also provides the properties of emulsification without the risk of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. What steps did you observe in preparing the lettuce for the salad today?
3. According to the World Health Organization we should aim to eat at least \_\_\_\_\_\_\_\_\_\_\_ (80g) portions of a variety of fruits and each day. Examples of a portion include:
4. Fruits and vegetables are nutrient dense foods. Explain what that means.
5. Diets rich in fruits and vegetables have been studied and the results are positive. What health benefits did the studies reveal?
6. What should someone be aware of before buying an assortment of fruit juices to meet their need for more fruit and veggies in their diet?
7. Why are raw fruits and vegetables healthier than cooked?

Block: \_\_\_\_\_\_\_\_\_\_\_ Unit: \_\_\_\_\_\_\_\_\_\_ Names: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Personalize the salad (Place a Check mark next to the **4 items** you would like to include in your group salad)

\_\_\_\_\_\_ 45mL Dried Cranberries

\_\_\_\_\_\_ 30mL Sunflower Seeds

\_\_\_\_\_\_ 30mL Pumpkin Seeds

\_\_\_\_\_\_ 60mL Black beans

\_\_\_\_\_\_ 80mL Mandarin Oranges

\_\_\_\_\_\_ ½ Apple, diced

\_\_\_\_\_\_ 10 Grapes, cut up

\_\_\_\_\_\_ 1/3 Cucumber, cubed

\_\_\_\_\_\_ ½ Tomato, diced

\_\_\_\_\_\_ 1/3 Bell Pepper, diced

\_\_\_\_\_\_ 1 Carrot, Shredded

\_\_\_\_\_\_ 80mL Bean Sprouts

\_\_\_\_\_\_ 125mL Broccoli

\_\_\_\_\_\_ 1/3 Zucchini

\_\_\_\_\_\_ 60mL Canned corn

\_\_\_\_\_\_ 2-3 Mushrooms

\_\_\_\_\_\_ 125mL Cauliflower

\_\_\_\_\_\_ 2 green onion

\_\_\_\_\_\_ 2 Brussel Sprouts

\_\_\_\_\_\_ 1 Celery

\_\_\_\_\_\_ 2 radishes

\_\_\_\_\_\_ 1/2 Avocado