

Stupendous Salads

Salads don't have to be boring. Try these picky-eater-approved salad recipes to encourage kids to eat their veggies!



Tuna chunks



- ♦ Salad: flaked tuna, boiled egg, lettuce and cherry tomatoes
- ♦ Dressing: ranch
- ♦ Cherries
- ♦ Pretzel sticks

Turkey slices



- ♦ Salad: sliced turkey, lettuce, bell peppers, cherry tomatoes and grated cheese
- ♦ Dressing: caesar
- ♦ Grapes
- ♦ Whole wheat crackers

Roast chicken



- ♦ Salad: roasted chicken, pomegranate seeds, cucumber, bell peppers.
- ♦ Dressing: raspberry vinaigrette
- ♦ Cottage cheese for a creamy protein boost.
- ♦ Pretzel twists for a touch of fun

Beans



- ♦ Salad: black beans, corn, and chopped tomato
- ♦ Dressing: season with salt, pepper & lime juice.
- ♦ Whole wheat nacho chips & salsa
- ♦ Mixed berries