

Plant Part Salad with Homemade Vinaigrette Dressing

Seed: ¼ cup sunflower seeds
Flower: 1 head of broccoli
Fruit: 1 small zucchini
Stem: 2 stalks celery
Leaf: 1 ½ cups baby spinach, fresh
2 cups chopped Romaine lettuce
Root: 2 carrots, peeled and grated or sliced into ½ inch circles

Protein:
4 eggs, large, hardboiled, quartered or sliced

Vinaigrette dressing:

6 Tablespoons olive oil or other vegetable oil
2 Tablespoons red wine vinegar
1 Tablespoon onion, minced
1 teaspoon honey
1 teaspoon Dijon mustard
1/8 teaspoon salt
1/8 teaspoon ground black pepper

Place all the ingredients in a clean jar with a tight fitting lid and shake the jar for 30 seconds.

Directions

1. Wash hands with soap and water.
2. Prepare vinaigrette dressing, set aside.
3. Wash broccoli under running water, and cut into bite-size florets.
4. Scrub carrots with a clean vegetable brush under running water, peel, and grate, or slice.
5. Wash any leafy greens (not packaged and labeled pre-washed) under running water and place in salad spinner to remove excess water.
6. **IMPORTANT:** Pre-washed, pre-cut leafy greens **should not** be rewashed.
7. Combine the baby spinach, romaine lettuce, broccoli, zucchini and carrots, toss well.
8. Top salad with vinaigrette, and toss before serving, **OR** allow each person to dress their own salad by serving dressing on the side.
9. Portion equal amount onto each plate and top with egg slices or quarters and sunflower seeds.
10. Serve immediately, or refrigerate and serve at 41° or below.