

Taking the Market Home

a guide to joyful meals & more, inspired by the market!

October '18



MARKET MENU:

Vegetables:

Romaine Lettuce

Cucumbers

Carrots

Red Onions

Tomatoes

Fruits:

Bananas

Kiwi

Oranges

Pantry Items:

Garbanzo Beans

Tuna

Seasoning

JOYFUL TOSSED SALAD

Prep Time: 10 minutes

Total Time: 10 minutes

Serves: 6

Ingredients:

2 medium cucumbers, diced

4 medium tomatoes, diced

1 large bunch lettuce (spinach and romaine), washed and torn into pieces

1/4 cup red onion, diced

Dressing:

3 tbsp vinegar, any kind

2 tbsp olive oil

1/2 teaspoon garlic powder

1/2 teaspoon dried oregano

1/4 teaspoon salt

1/8 teaspoon black pepper



Ideal as a side or heartier snack, but can **QUICKLY** be turned into a meal!



SAVE money by making your own simple dressings at home! Kids can help mix.

Steps:

In a large bowl, add the torn pieces of lettuce, tomatoes, cucumbers, and onion.

To make the dressing: In a separate bowl combine, vinegar, oil, and all spices; whisk with a fork.

Toss the salad with dressing and serve immediately.



ADD your favorite **PROTEIN** to make a more filling salad.

"My kids always ask me when Joyful Food Markets will come back to the school."

-Danielle,

Democracy Prep Parent



Be Joyful...and Food Safe!

Children, especially under the age of five, are at an increased risk for foodborne illness and related health complications because their immune systems are still developing.

Remember to:

- Wash hands and surfaces often!
- Rinse greens, veggies and fruits to help remove bacteria (germs) before eating, cutting or cooking.
- Chill raw meat and poultry as well as cooked leftovers promptly (within 2 hours)
- Cook food at the correct temperatures.

