

In the Kitchen with Bradley

Today in Stay & Play we made a simple Garden Salad. Tools we used: Bowl; Knife; Peeler, Whisk, Salad Spinner. Techniques we practiced: Tearing; Shaving, Slicing, Tossing.

Ingredients

- ♦ Romaine Lettuce
- ♦ 2 Avocados
- ♦ 2 Cucumbers
- ♦ Grapes Tomatoes
- ♦ Raspberries (other other fruit), as desired

Salad dressing (optional)

- ♦ Extra Virgin Olive Oil, about 1/3 cup
- ♦ Jucie from 1/2 Lemon
- ♦ 1/2 tsp Maple Syrup
- ♦ Salt & Pepper to taste



Directions

1. Wash all your vegetables. If you have a salad spinner dry the lettuce with it, otherwise pat dry between two clean dishtowels.
2. Tear lettuce into bite sized pieces and place in a large bowl.
3. Peels cucumbers, slice and add to salad, giving it a little toss after you add them.
4. Repeat with the avocados.
5. Cut tomatoes in half and add to salad.
6. Add raspberries (or other fruit) if desired
7. Add salad dressing (if desired) and toss.
8. Enjoy!

Dressing instructions:

Whisk together all ingredients in a small bowl.

