

# Red, White and Blue Salad

A salad pretty enough to salute!

 Level: Easy

Servings: 2

## Kids' Tool Kit

Cutting board  
Knife  
Measuring cups  
Spoons



## Ingredients:

1 slice watermelon, 1-inch thick  
½ cup low fat vanilla yogurt  
½ cup low fat blueberry yogurt



## Directions:

**Remember to wash your hands!**

1. Cut watermelon slice in half. Then cut each half into 5 wedges and cut off rind.
2. On a plate, arrange each group of 5 wedges into a star shape with the points out.
3. Spoon half of each flavor yogurt in center of each star.



**Helpful Hints:** Small "8-packs" of yogurt that come with an assortment of flavors look fun, but actually cost more per serving than 1-cup containers. Watch for sales and buy flavors your family likes. Be sure and check the "sell by" date on each container for freshness. Like milk, yogurt comes in whole, low fat and nonfat varieties. Yogurt can also be flavored with fruit—even whole berries in some containers! Compare brands and sizes when shopping for yogurt.



**Safety Tip:** Kids can arrange the watermelon wedges on the plate, but cutting off the rind is an adult task. Store sharp knives away from young children. Never put knives in soapy water; someone might reach in and grab the blade, resulting in a cut. When young children want to use a knife for cutting or spreading, try a plastic knife or butter knife—both work well!

## Nutrition Facts

Serving Size 1 salad (256g)	
Servings Per Container 2	
<b>Amount Per Serving</b>	
<b>Calories</b> 150	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 2g	3%
Saturated Fat 1g	5%
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 70mg	3%
<b>Total Carbohydrate</b> 29g	10%
Dietary Fiber less than 1 gram	3%
Sugars 28g	
<b>Protein</b> 6g	
Vitamin A 10%	Vitamin C 25%
Calcium 20%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).