

Suprise Salad

It's no surprise how quickly this salad disappears.

 Level: Easy

Serves 10, 1/2 cup each

Kids' Tool Kit

Knife
Cutting board
Mixing bowls
Measuring cups
Spoon
Strainer or
Slotted spoon
Grater
Rubber spatula

Chef's Choice

Surprise Salad
Tuna Fish Sandwich
Milk

Ingredients:

1 apple
2 bananas
1/2 cup lemon juice
3 large carrots (about 3 cups
shredded)
1/2 cup sugar
1/3 cup seedless raisins
1/2 cup low fat salad dressing



Directions:

Remember to wash your hands!

1. Chop apple, slice bananas and put in a mixing bowl; lemon juice to keep the fruit from turning brown.
2. Grate carrots into another mixing bowl and add sugar and raisins.
3. Remove apples and bananas from juice and combine with carrot mixture.
4. Add salad dressing, blend and chill until serving time.

Nutrition Facts

Serving Size 1/2 cup (109g)
Servings Per Container 10

Amount Per Serving

Calories 120 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 115mg 5%

Total Carbohydrate 28g 9%

Dietary Fiber 2g 10%

Sugars 24g

Protein 1g

Vitamin A 190% • Vitamin C 15%

Calcium 2% • 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



Helpful Hints: Recipes that use sliced or chopped apples, bananas or pears often include lemon juice or orange juice. The vitamin C in the juice keeps the fruit from turning brown once it is cut. Remember to try this trick if you want keep to keep fruit looking fresh and tasty.



Safety Tip: Remember to use a cutting board when chopping, cutting or slicing. It makes the job safer and protects fingers, table, kitchen or countertops! Whether you choose plastic, acrylic or wood, keep cutting boards clean. After each use, wash cutting boards in hot, soapy water, then rinse and dry well.

For more information about this and other fun recipes: contact your county extension office or visit the Web site at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

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