

Jr. Chef Club II
Healthy Lifestyles with MyPyramid
Lesson 1

Fruity Vinaigrette

(makes 1½ cups)

Let each student break off his or her own clove of garlic. Show them how to remove the skin. Mince 1–2 of the cloves with a sharp knife to use in dressing. Allow the students to take turns measuring ingredients into airtight container. Let students take turns shaking the dressing. Refrigerate until needed.

Ingredients:

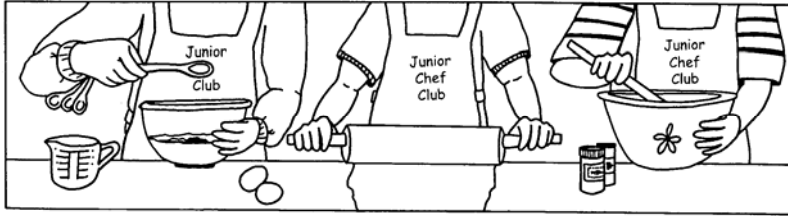
8 tablespoons oil
4 tablespoons
vinegar
1 cup apple juice

½ teaspoon salt, or
salt to taste
1 small clove garlic,
minced

Directions:

1. Put all ingredients into jar or container that will not leak.
2. Put the top on tightly.
3. Shake jar.
4. Shake each time before you put it on a salad.

Information provided by Washington State University Extension's *Food Sense*. This material funded in part by USDA-Food Stamp Program, state and local government agencies. *Basic Food* assistance helps people with low incomes. To find out more, contact your local DSHS-Community Service office. Extension programs are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension Office.



**Jr. Chef Club II
Healthy Lifestyles
with MyPyramid
Lesson 1**

Fruity Vinaigrette

(makes 1½ cups)

Ingredients:

**8 tablespoons oil
4 tablespoons
vinegar
1 cup apple juice**

**½ teaspoon salt, add
salt to taste
1 small clove
garlic, minced**

Directions:

- 1.** Put all ingredients into jar or container that will not leak.
- 2.** Put the top on tightly.
- 3.** Shake jar.
- 4.** Shake each time before you put it on a salad.