

Jr. Chef Club II  
Healthy Lifestyles with MyPyramid  
Lesson 1

# MyPyramid Salad

Makes enough to provide a sample for 30 students

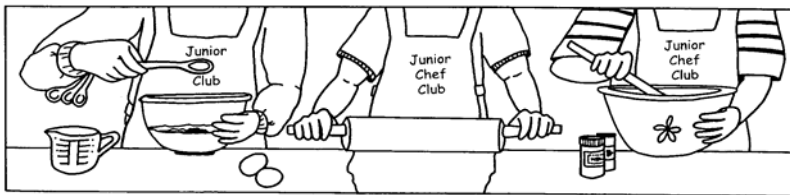
Divide students into two groups—one group will make the croutons and toast sunflower seeds; the other will prepare the salad (spinach, oranges and cheese.) Depending on when the groups finish—all students can help plate the salads, sprinkle croutons and seeds, and serve.

## Ingredients:

- 10 cups spinach leaves, washed, dried and torn into bite-size pieces
- 5 oranges, peeled and diced
- 5 tablespoon sunflower seeds
- 10 slices 100% whole wheat bread
- 2 cups reduced fat grated cheese
- Vegetable oil cooking spray

## Directions:

1. Cut bread into  $\frac{1}{2}$  inch cubes. Place in single layer on baking sheet that has been lightly sprayed with cooking spray. Lightly spray top of bread cubes. Bake about 10 minutes until golden brown. Cool. Have students cut bread with plastic knives. (Sprinkle seasoning on bread before baking if kids would like.) Start checking bread at about 5 minutes. May want to turn over and then bake a bit more.
2. Heat a small skillet over medium heat. Spray with cooking spray. Add sunflower seeds and cook, continuously stirring, until toasted. This step should not take long. Make sure to keep stirring seeds so they will not burn. Remove seeds when toasted so they will not overcook.
3. Have students peel and dice the oranges and tear (with gloved hands) the spinach into bite-sized pieces. (Spinach is pre-washed).
4. Put spinach in large bowl. Top with diced orange slices and grated cheese.
5. Add dressing (1/4 cup at a time) and toss to coat. May not take more than 3/4 cup of dressing to cover the salad—use your best judgment.
6. Top salads with seeds and croutons.



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