

Try this recipe from the Fit4Kids learning garden with your students.

Toss together a simple warm winter salad with what's growing in the garden or what you can find at any market.

You will need:

3 medium sweet potatoes

3 medium parsnips

1 bag thawed frozen corn (or two cans of corn)

For the dressing:

1/4 cup olive oil

2 tsp turmeric

1 tsp cinnamon

2 tablespoons honey

1. Shred the sweet potatoes and parsnips using a box grater. Then add the corn to the root vegetables.
2. Make the dressing by mixing the ingredients in a jar with a lid and give it a good shake!
3. Toss everything together and enjoy!

