

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

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 garden tomatoes
3 cups fresh greens
fresh mozzarella (optional)

For the dressing:

1/4 cup olive oil
1 tsp oregano
1 tsp dried basil
1 tsp pepper
1 tsp salt

1. Slice the tomatoes into a one bite size and shred the fresh lettuce to match that size.
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!

