

Awesome Autumn Salad

Try this recipe from the Fit4Kids learning garden with your family. Toss together a simple fall salad with what's growing in the garden or what you can find in any market! **Serves 4**

Ingredients

Salad

- 1 sweet potato, shredded
- 1 zucchini, shredded
- 1/2 cup of corn
- 1 cup of sugar snap peas

Dressing

- 1/4 cup olive oil
- 1 Tbs honey
- 1/2 Tbs cinnamon

Directions

1. Using a grater, shred sweet potato and zucchini.
2. Put all sweet potato, zucchini, corn, and sugar snap peas in a bowl.
3. Make the dressing by mixing the ingredients in a jar with a lid and give it a good shake!
4. Toss everything together and enjoy!

