

Try this recipe from the Fit4Kids learning garden with your family. Toss together a simple summer salad with what's growing in the garden or what you can find in any market! Serves 6

Ingredients

Lids

Salad

4 radish, sliced 2 cups snap peas, chopped 11/2 cup greens of choice (romaine, kale)

Dressing

1/4 cup olive oil 1/4 cup red or white vinegar 1/2 garlic glove juice of 1 lemon

Directions

- 1. Slice radishes, chop snap peas and chop greens.
- 2. Combine salad ingredients into a bowl.
- 3. Combine dressing ingredients into a small jar with a lid. Shake it!
- 4. Toss the salad with the dressing. Enjoy!

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