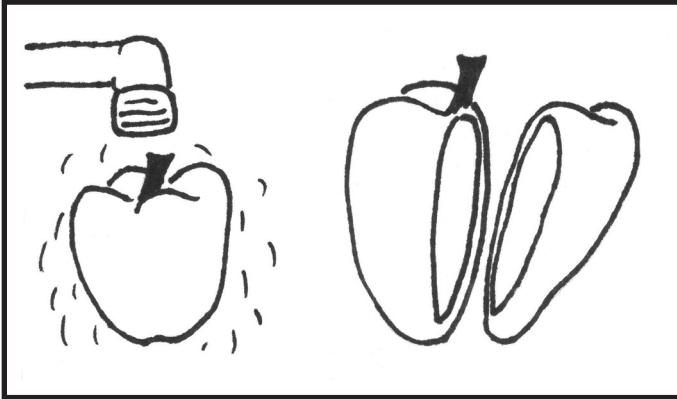


“So Good You’ll Eat the Bowl” Salad

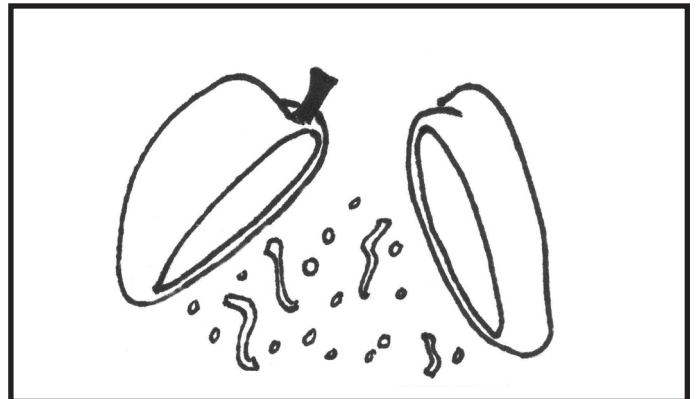
Makes 2 “So Good You’ll Eat the Bowl” Salads.

CACFP credit: 1 “So Good You’ll Eat the Bowl” salad counts as 3/4 cup vegetable.

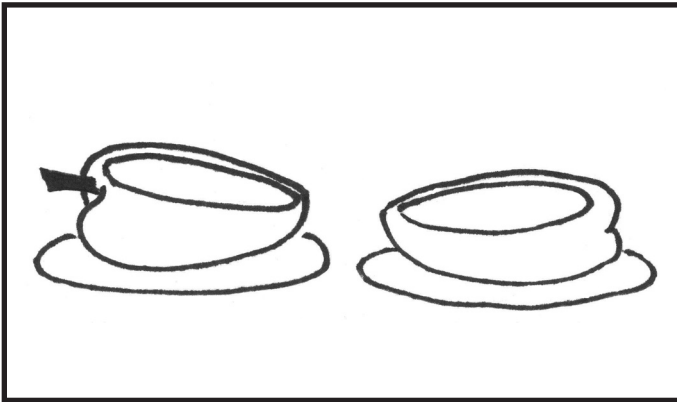
Recipe adapted from: www.kidshealth.org, 2003.



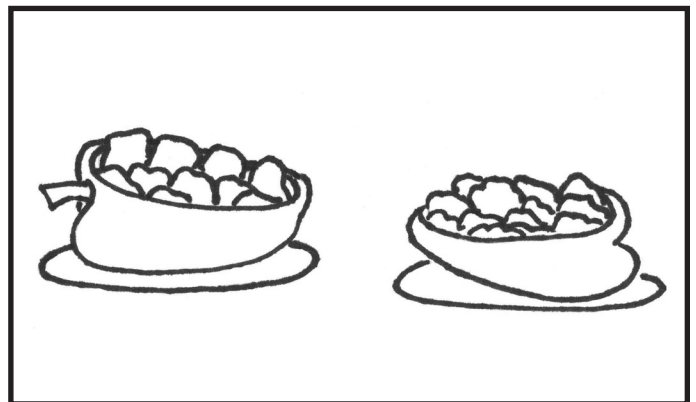
1. Wash 1 green pepper. Cut the pepper in half from side to side.



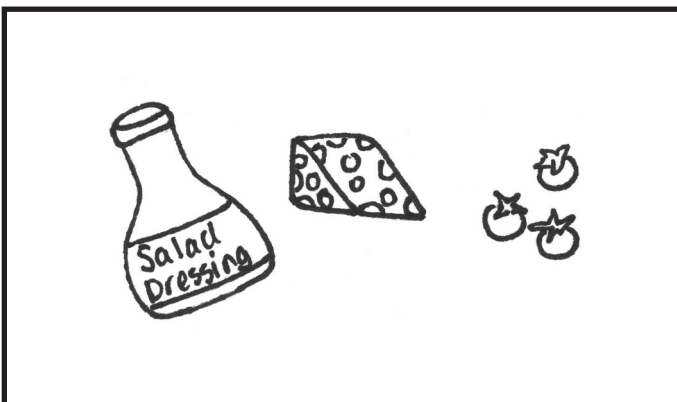
2. Scoop out the seeds and white veins and throw away.



3. Place each pepper half on a plate to use as a salad bowl.



4. Fill each “salad bowl” with 1/2 cup lettuce.



5. Serve with your favorite salad dressing and toppings.



6. When you’re done eating the lettuce, eat your salad bowl!