



SUMMER SALAD



SENSORY OBJECTIVES: LET'S THINK ABOUT SEEING COLORS. GENERALLY, THE MORE COLORFUL THE FOOD, THE HEALTHIER. MY YOGA INSTRUCTOR TALKS ABOUT EATING FROM THE RAINBOW. FRUITS AND VEGETABLES ARE BRIGHT, BEAUTIFUL, AND HEALTHY!

SPEECH OBJECTIVES: WHY DO THEY CALL IT "STONE FRUIT"? THE MIDDLE IS HARD LIKE A STONE. SOME PEOPLE CALL IT A SEED, BUT IT ISN'T. THE SEED IS INSIDE THE STONE (IS IT REALLY?). CAN YOU THINK OF OTHER STONE FRUITS? MANGOES? CHERRIES?

INGREDIENTS:

- BABY SPINACH (1-2 HANDFULS PER PERSON)
- FRESH MIXED BERRIES OF YOUR CHOICE
- GRILLED STONE FRUIT – PEACHES, PLUMS, NECTARINES, ETC.
- FETA CHEESE OR GOAT'S CHEESE
- GRILLED OR PRECOOKED CHICKEN
- NUTS, LIGHTLY TOASTED. ALMONDS, PECANS, PEANUTS
- BALSAMIC VINAIGRETTE

NOTES:

INSTRUCTIONS:

DRESS THE LETTUCE WITH THE VINAIGRETTE TO BEGIN, SO INGREDIENTS STICK.

ADD YOUR FAVORITE INGREDIENTS AND MIX TOGETHER LIGHTLY ADD THINLY SLICED FLANK STEAK AND BLUE CHEESE IF DESIRED, IN PLACE OF CHICKEN AND FETA CHEESE.