



Spinach Salad With Raspberry Vinaigrette Dressing

Try this simple spinach salad. The aromatic flavors and texture combinations will excite the taste buds.

Ages: 3–5 years

Prep time: 25 minutes

Makes: 6 servings

Cook time: 15 minutes

the INGREDIENTS

5 eggs, fresh, large

1 Tbsp olive oil, extra virgin

2 Tbsp vinegar, raspberry

1 Tbsp honey, pasteurized

½ tsp salt, table

3 cups baby spinach, fresh

¾ cup cranberries, dried

2 Tbsp sunflower seeds, unsalted

1 tsp parmesan cheese, grated

the DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Place eggs in a small pot. Add water until there is 1" of water above the eggs. Place on the stove on medium-high heat. Bring to a boil. Remove eggs from heat. Cover. Let eggs stand in hot water for 12 minutes to hard-boil the eggs. Wash hands after touching uncooked eggs.
3. While eggs are cooking, prepare an ice bath. Place ice and water in a bowl. Set aside.
4. When eggs are done cooking, carefully remove eggs from water with a slotted spoon. Place eggs in the ice bath for 10 minutes.
5. Peel eggs. Cut into quarters. Set aside.
6. To make salad dressing: In a small bowl, combine oil, vinegar, honey, and salt. Whisk to blend.
7. In a large bowl, combine spinach, cranberries, and sunflower seeds. Add dressing. Toss. If not serving immediately, store salad, eggs, and dressing separately in the refrigerator at 40 °F or lower to prevent salad from wilting.
8. Sprinkle with parmesan cheese.
9. Serve ⅔ cup salad with 3 egg quarters. Serve immediately, or keep cold at 40 °F or lower.





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NUTRITION INFORMATION

2/3 cup Spinach Salad With Raspberry Vinaigrette Dressing and 3 egg quarters

Nutrients	Amount
Calories	175

Total Fat	8 g
Saturated Fat	2 g
Cholesterol	140 mg
Sodium	138 mg
Total Carbohydrate	21 g
Dietary Fiber	2 g
Total Sugars	5 g
Includes Added Sugars	N/A
Protein	7 g

Vitamin D	N/A
Calcium	70 mg
Iron	2 mg
Potassium	N/A

N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

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CACFP CREDITING INFORMATION

1/4 cup vegetable
1/4 cup fruit
1 1/2 oz eq meat alternate

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CHEF TIPS

- **Contains eggs (boiled eggs), milk (parmesan cheese), and seeds (sunflower seeds).** Some sunflower seeds are processed on equipment shared with common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- **Choking Risk:** Dried fruit and seeds may be a choking risk for children under the age of 4.
- The ice bath will cool the eggs quickly and make them easier to peel.

