

Speckled Salad

Makes: 12 or 48 servings

The layers in this salad make it colorful and fun. Let the kids do the layering of vegetables and pouring of the dressing.

12 Servings 48 Servings

Ingredients	Weight	Measure	Weight	Measure
Broccoli florets, frozen, cooked, chopped		1-1/2 cups		6 cups
Carrot slices, frozen, cooked		2 cups		8 cups
Cauliflower pieces, frozen, cooked		1 cup		4 cups
Peas, frozen, cooked		1 cup		4 cups
Spinach		1 cup		4 cups
Cucumber, sliced		2 cups		8 cups
Italian dressing		1/4 cup		1 cup

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	45	
Total Fat	2 g	
Protein	2 g	
Carbohydrates	7 g	
Dietary Fiber	2 g	
Saturated Fat	NA	
Sodium	125 mg	

Directions

1. Cook broccoli, carrots, cauliflower and peas as directed on packages.
2. Slice into small pieces, if needed.
3. Slice cucumber.
4. In large bowl, layer broccoli on the bottom, carrots, cauliflower, peas and cucumber on top.
5. Top by pouring salad dressing on top so it drips through the layers.
6. Spoon 1/2 cup servings onto plates.