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Introduction

This is the Third Annual Elementary Cooking Celebration! This is the first year of having “Healthy Salad Recipes” as the theme! We had over 85 recipe submissions for this fun event. Twelve finalists were selected to participate in preparing and serving their recipe on March 20, 2013. Thanks to all the students who submitted recipes and congratulations to the finalists!
This event is sponsored by Sodexo.

Mark V. Jasper
Nutrition Services Director
Washougal School District
## SPRING BUNNY SALAD

**Ingredients:** By: Maxwell Malcom (4th Grade) Gause Elementary
- 1 Lettuce Leaf
- 1 Canned Pear Half
- 3 Raisins
- 2 Almonds
- 1 Small teaspoon of cottage cheese
- 3 pieces of shredded coconut

**Instructions:**
1. Put Lettuce leaf on a plate
2. Place cut side down on lettuce.
3. On small end: Put the raisins as two eyes and a nose.
4. Use two almonds for ears.
5. Put coconut under raisin nose.
6. Use cottage cheese for bunny tail.

## SUPER FRUIT SALAD

**Ingredients:** By: Brenna Connelly (4th Grade) Gause Elementary
- Yogurt
- Strawberries
- Blueberries
- Grapes
- Kiwi
- Pineapple
- Granola
- Raspberries
- Blackberries

**Instructions:**
1. Rinse all the fruit.
2. Peel and cut the fruit.
3. Put yogurt in a big bowl.
4. Put all fruit in bowl.
5. Then add some granola in add 2 small spoon falls.
6. Mix and enjoy!
# THE RAINFOREST SALAD

**Ingredients:**
- Lettuce
- Black Beans
- Corn
- Red bell pepper
- Cucumber
- Grilled Chicken
- Fried Jalapeno
- Baby Shrimp
- Pepper Jack Cheese
- Tomatoes
- Blue Cheese Dressing

**By:** Viv Coy (4th Grade)  
Gause Elementary

**Instructions:**
1. Wash & chop lettuce.
2. Wash & slice ingredients.
3. Layer all ingredients in bowl in listed order.
4. Top with salad dressing.
5. Stir it up and there’s your Rainforest!
## TACO SALAD

**Ingredients:**

- Lettuce
- 2 tsp diced of tomatoes
- 2 tsp olives
- 3 Spatula scoops of taco meat.
- 2 tsp sour cream

**By:** Bart Stevens (3rd Grade) 
Gause Elementary

**Instructions:**

1. Put salad in a bowl cover with taco meat.
2. Add tomatoes and olives.
3. Mix to get together and their you have it taco salad
4. Add a little amount of sour cream.

## TROPICAL TOSSSED SALAD

**Ingredients:**

- ½ c. Grapefruit (Separate into segments)
- ½ c. Granola
- ¼ c. chopped Pineapple

**By:** Efrain Flores (4th Grade) 
Gause Elementary

**Instructions:**

1. In a small bowl, combine all ingredients.
2. Enjoy!
**PEAR SALAD**

**Ingredients:**

- 7 cups chopped lettuce
- 1 cup chopped pecans
- 2/3 cup fresh Bosc pears or canned (sliced and drained)
- 1/2 cup crumbled gorgonzola or feta cheese.
- Strawberries or Mangos, sliced

**By:** Angela Allen (4th Grade)  
Gause Elementary

**Instructions:**

1. Combine all the dressing ingredients in a blender and blend at regular speed.
2. Set the dressing aside.
3. Toss your lettuce pecans, cheese, and pears in a large salad bowl.
4. Add dressing and toss again.
5. You can substitute your pecans for pine nuts or toasted almonds.
6. Enjoy your salad!

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**MASSAGED KALE SALAD**

**Ingredients:**

- 1 brunch of kale
- 1 mango
- 1 avocado
- 1 lemon
- ¼ cup of roasted hazelnuts
- 2 tbs. of honey
- 3 tbs. olive oil
- ¼ tsp. salt

**By:** Tristan Farrell (4th Grade)  
Gause Elementary

**Instructions:**

1. Wash and cut kale into pieces.
2. Squeeze half of lemon onto kale.
3. Pour 1 tbs. olive oil over kale and sprinkle with salt.
4. Massage kale with hands for 3 minutes.
5. Chop mango and avocado and add to salad.
6. Chop hazelnuts, add to salad.
7. Make dressing in small bowl combine honey, two tbs. olive oil and juice of half a lemon.
8. Mix and pour over salad.
9. Toss to combine. Enjoy!
### APPLE COLESLAW

**Ingredients:**
- 1 bag red/green cabbage mix
- 1 cup grated cheddar cheese
- Diced apple peeled.
- 1 cup sliced red grapes.
- ½ cup Fuji apple dressing.

**By:** Josiah Timm (4th Grade)  
Gause Elementary

**Instructions:**
1. Wash/peel/dice apple.
2. Slice red grapes.
3. Mix all ingredients on a large bowl.
4. Eat.

### EUROPEAN SALAD

**Ingredients:**
- Lettuce
- Baby Tomatoes
- Cucumber
- Vinegar
- Shredded Carrots
- Olive oil
- Balsamic Vinegar
- Black Olives

**By:** Katie Stevens (4th Grade)  
Gause Elementary

**Instructions:**
1. Pick only the good lettuce pieces.
2. Cut cucumber into small pieces.
3. Soak cucumber pieces in one cup of vinegar and let sit for one hour.
4. Mix lettuce and cucumber in a large bowl.
5. Fold baby tomatoes in salad also fold in the cut olives.
6. Mix the shredded carrots in with the salad.
7. Drizzle lightly drizzle olive oil and balsamic vinegar.
## VESELKA GRILLED TOMATO SALAD

**Ingredients:**
- Arugula
- Garlic & Thyme Chicken
- Pepper
- Balsamic Vinegar
- Cheese
- Lemon
- Tomatoes
- Onion
- Feta Cheese

**By:** Joshua Vesclka (4th Grade)  
Cape Horn Skye Elementary

**Instructions:**
1. Thinly slice Chicken over arugula
2. Sprinkle other diced topping over salad.
3. Add a slight topping of brown sugar.
4. Enjoy!

## PEPPERONI SALAD

**Ingredients:**
- Lettuce
- 2 c. Mushrooms
- ½ c. Carrots
- 2 c. Cauliflower
- 15 sl. Pepperoni
- Blue Cheese Dressing

**By:** Maddie Reish (4th Grade)  
Gause Elementary

**Instructions:**
1. Wash your hands
2. Then get a bowl!
3. Rip up some lettuce (Bite size).
4. Crush some pieces of cauliflower.
5. Get your mushroom and carrots and slice them.
6. Add your pepperoni
7. Mix together
8. Add your salad dressing and Bam you have a pepperoni salad!!!
9. (P.S. Trust me you will be blown away)
# BLUE CHEESE POMEGRANATE SALAD

**Ingredients:**

- 10 leaves of green lettuce
- 10 red leaves of lettuce
- ½ Pomegranate
- Blue Cheese Crumbles
- Green & Red Peppers
- 2 Boiled Eggs
- Italian Dressing

**By:** Savea Mansfield (3rd Grade)  
Cape Horn Skye Elementary

**Instructions**

1. Put lettuce leaves in to a bowl.
2. Then half of a pomegranate.
3. Crumbled blue cheese.
4. ½ green & ½ red pepper cut
5. Add Italian Dressing and mix together.
6. Then lay sliced boiled eggs on top.