

Salad Kabobs with Homemade Dressing



Easy-to-make and packed full of fibre and nutrients. These colourful kabobs make a great school snack or a fun way to eat veggies anytime.

Try adding small cubes of cheese for some protein.

Clean, Cut, Build, and Enjoy!

Ingredients

1 head Romaine lettuce	2 tbsp parmesan cheese, grated
1 container cherry tomatoes	1/2 tsp dried oregano
2 Bell peppers (red, orange, or yellow)	1/4 tsp paprika
1 cucumber	1/4 tsp pepper
1/4 cup olive oil	1/2 tsp garlic powder
2 tbsp vinegar	1/4 tsp salt

Equipment Needed

Plastic or wooden skewers (extra long toothpicks will work too)
4 small bowls, 1 medium bowl
Cutting board
Knives
Whisk
Plate or tray (for finished kabobs)
Measuring cups and spoons
Salad Spinner or Paper towels

Makes about ½ cup dressing and 20-30 kabobs.

→ Turn over

Directions:

1. Wash all of the vegetables. Dry the lettuce using a salad spinner or paper towels.
2. Put cherry tomatoes into a bowl.
3. Cut the cucumber and bell peppers into bite-sized pieces.
4. Cut or tear the lettuce into bite-sized pieces.
5. Start building your kabob by gently pressing any vegetable piece onto the sharp end of the skewer and sliding it down to the end.
6. Be careful not to push the veggies off the skewer or prick your fingers!
7. Alternate vegetables and make your own kabob! Be creative with different colours!
8. Put the finished kabobs onto a clean plate or tray.
9. Whisk all the ingredients for the dressing together in a small bowl.
10. Just before serving, brush or pour the dressing over the kabobs and enjoy!

Recipe shared by Registered Dietitians, Prince Edward Family Health Team. Dressing recipe adapted from: <https://www.culinaryhill.com/the-homemade-italian-dressing/>

