

Fruit Salad

You will need:



sharp knife



cutting board



large bowl



small bowls



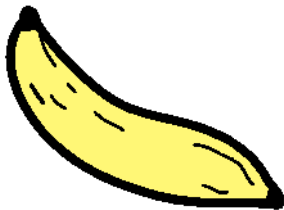
colander



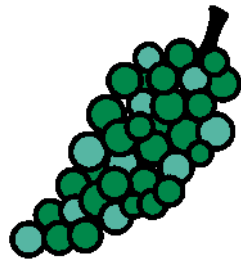
spoon



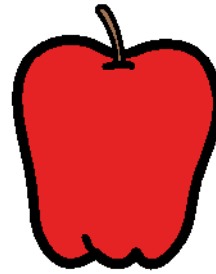
knife



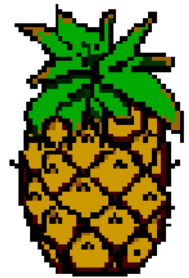
banana



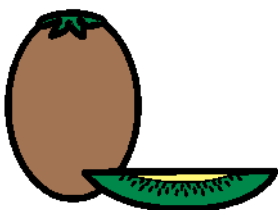
grapes



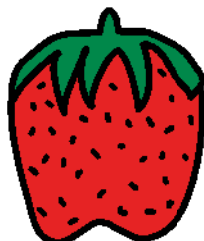
apple



pineapple



kiwi



strawberry



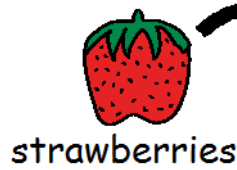
yogurt

Fruit Salad

1. Wash apple



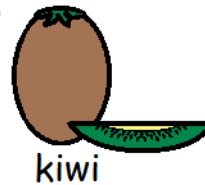
2. Pick stems off of strawberries



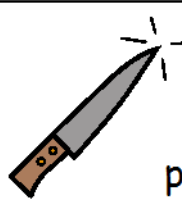
3. Strain to dry



4. Peel



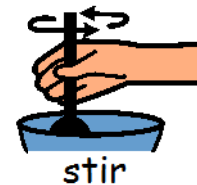
5. Cut rind off pineapple



6. Cut all fruit into bite-sized pieces



7. Put fruit into bowl and mix



8. Put in smaller bowls and glop on yogurt

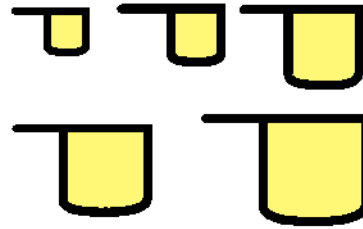


9. Serve

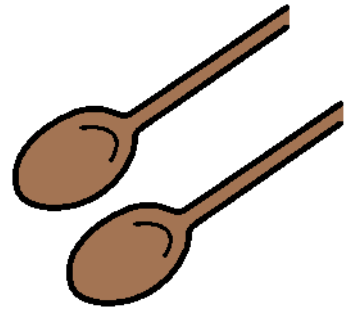


Garden Salad

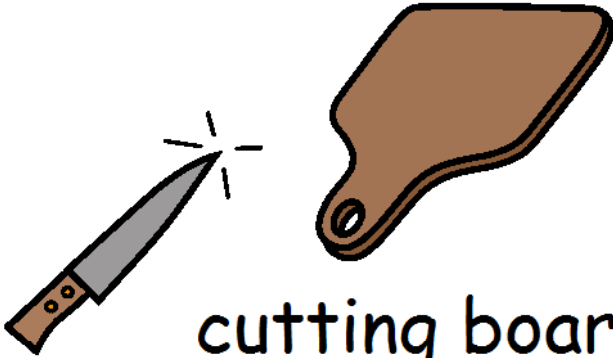
You will need:



measuring cups

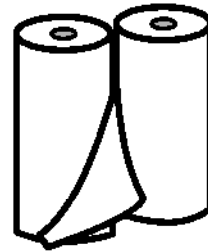


spoons



cutting board

sharp knife



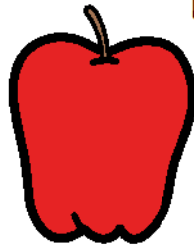
paper towel



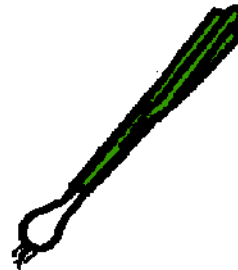
large bowl



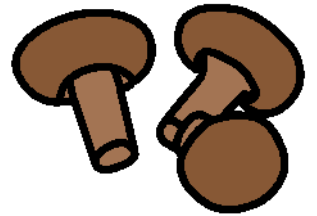
celery



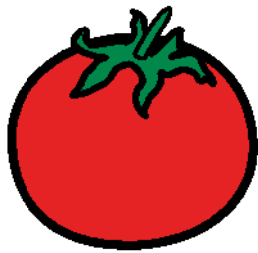
apple



green onion



mushrooms



tomato



sunflower seeds



lettuce



cauliflower



cottage cheese

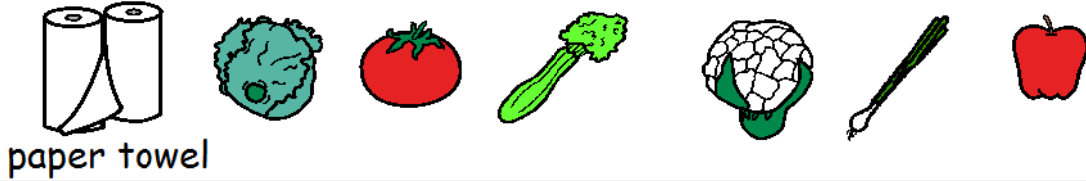
Garden Salad

1. Wash



lettuce tomato celery cauliflower green onion apple

2. Dry



paper towel

3. Wipe



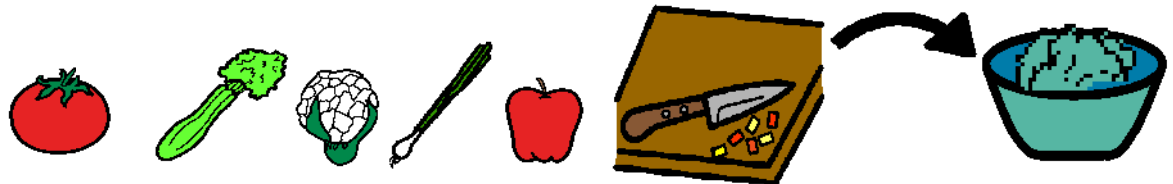
mushrooms

4. Tear



lettuce

5. Cut



6. Add 1/3 cup

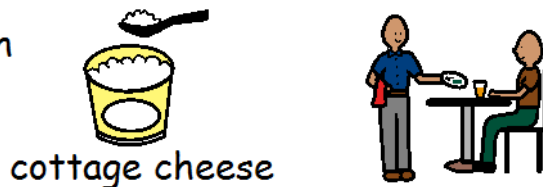


sunflower seeds

7. Toss



8. Serve with



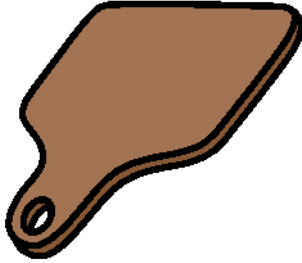
cottage cheese

Greek Salad

You will need:



sharp knife



cutting board



measuring cup



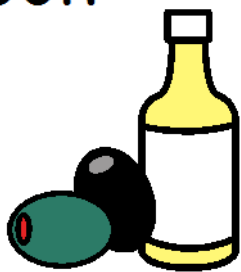
1 tablespoon



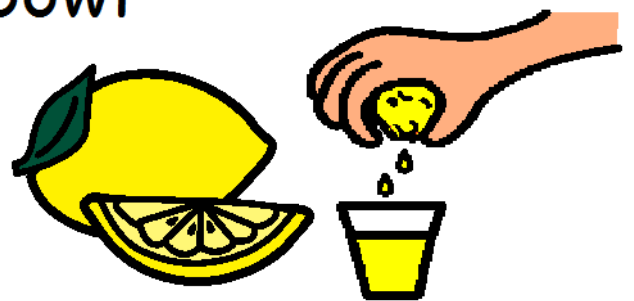
large bowl



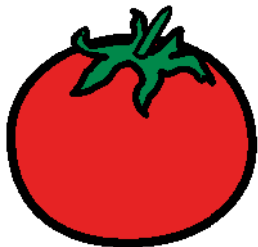
spoon



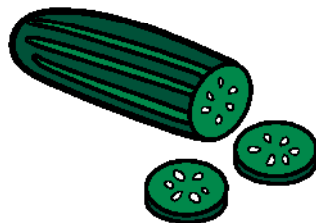
olive oil



lemon juice



tomato



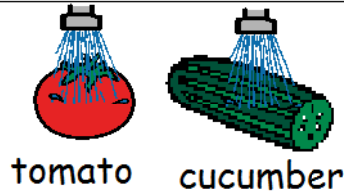
cucumber



feta cheese

Greek Salad

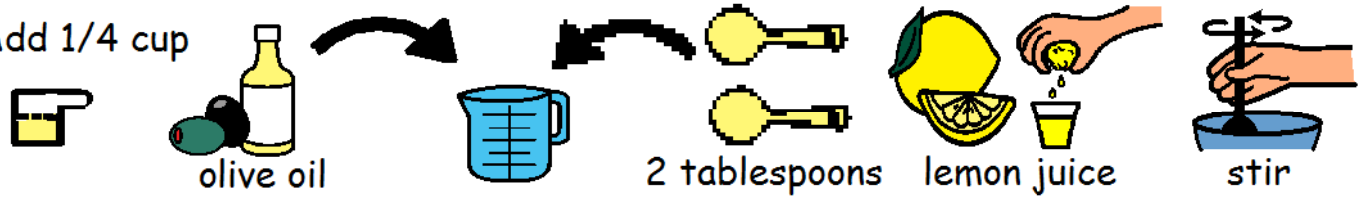
1. Wash vegetables



2. Cut vegetables into cubes



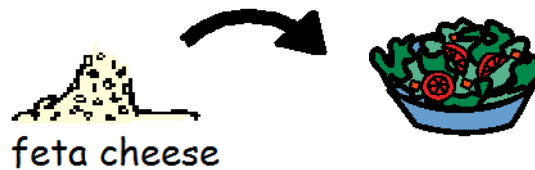
3. Add 1/4 cup



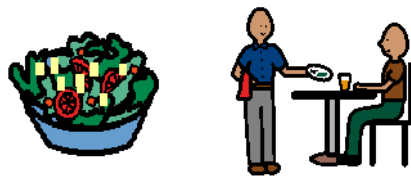
4. Toss



5. Add



6. Serve



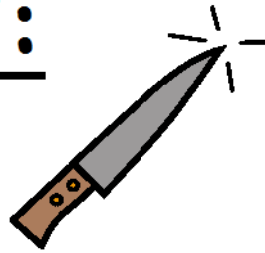
Chicken Noodle Vegetable

Soup

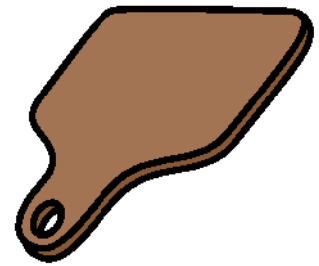
You will need:



peeler



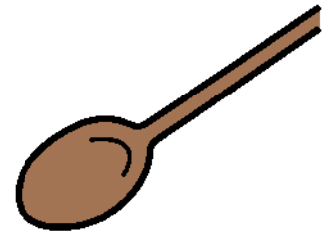
sharp knife



cutting board



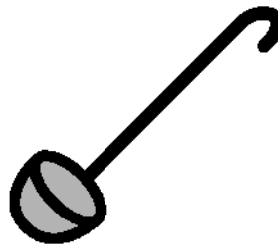
pot



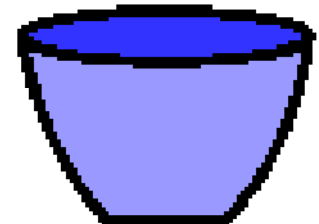
mixing spoon



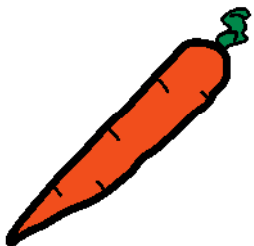
measuring cup



ladle



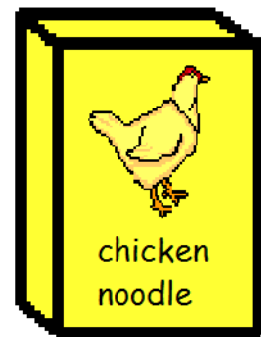
bowl



carrot



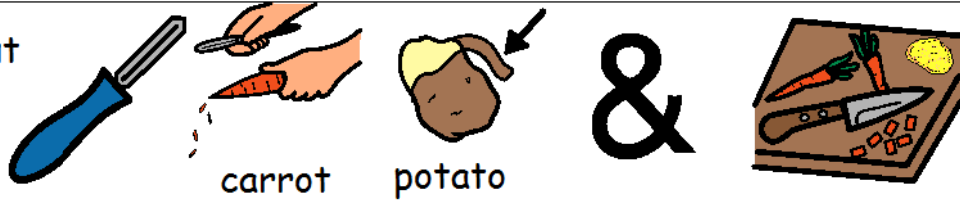
potato



chicken soup mix

Chicken Noodle Vegetable Soup

1. Peel and cut



2. Measure 4 cups (1 litre)



3. Add



4. Add soup mix



5. Stir



6. Bring to boil and simmer for 10-12 minutes



10-12 minutes

7. Spoon into bowl and serve

