



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Garden Salad with Homemade Croutons

Serves 4, Total Time: 1 hour

INGREDIENTS

Salad:

10 ounces	Fresh Spring Greens	½	Orange Bell Pepper
¼ tsp	Salt	½	Red Onion, diced
¼ tsp	Pepper	1/3 cup	Banana Peppers
1 pint	Grape Tomatoes, halved	¼ cup	Sunflower Seeds
½	Red Bell Pepper		

Dressing:

¼ cup	Apple Cider Vinegar	¼ tsp	Pepper
1 tbsp	Honey	1 pinch	Crushed Red Pepper
2 cloves	Garlic	½ cup	Olive oil
¼ tsp	Salt		

Croutons:

½ loaf	Whole Wheat Bread		
1 TBSP	Olive Oil		
3 TBSP	unsalted butter		
¼ tsp	Salt		
¼ tsp	Black pepper		
½ tsp	Dried Herbs (Italian seasoning works great!)		
1 clove	Garlic		



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DIRECTIONS

Croutons:

1. Preheat oven to 400 degrees F. Dice the bread into cubes, spread on a sheet pan and cover with olive oil, toss well. Sprinkle with seasoning and toss again. Bake for about 15-20 minutes, or until golden and crisp.

Dressing:

1. In a bowl, whisk together vinegar, honey, garlic, salt, pepper, and red pepper. Continue to whisk while streaming in the olive oil. Keep mixing until combined.

Salad:

1. Add greens to a large bowl and season them liberally with salt and pepper. Add the rest of the ingredients, and enjoy.