

Celery, Cucumber and Apple Salad

Season: Autumn

Type: Salad

Serves: 32 tastings

From the garden: Apple

Class focus: Washing lettuce, cutting vegetables
& apple into cubes



Equipment:	Ingredients:
<p>Large mixing bowl x 1 Small mixing bowl x 1 Wooden spoon x 1 Whisk x 1 Apple corer x 1 Salad spinner Chopping boards and knives Measuring spoons Serving bowl x 5 Serving spoon x 5</p>	<p>½ lettuce (cubed – 2cm) 1 cucumber (skin-on, cubed – 1cm) 2 apples (skin-on, cored, cubed – 1cm) 1 celery stalk (thinly sliced)</p> <p><i>Creamy Dressing:</i> 2 tablespoons yogurt 2 tablespoons olive oil 2 tablespoons white wine vinegar 1 teaspoon Dijon mustard ½ tablespoon sugar ¼ teaspoon salt 10 grinds of pepper</p>

What to do:

1. Wash all the vegetables and fruit then dry the lettuce using a salad spinner.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Mix all the ingredients for dressing in a small mixing bowl.
4. Put all the salad ingredients in a large mixing bowl.
5. Pour over dressing and toss well.
6. Serve into 5 large serving bowls with a serving spoon in each.

For vegan / dairy intolerance option:

Make dressing without the yogurt.