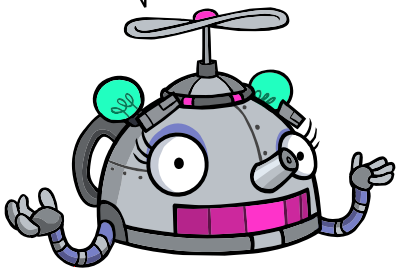
SHOPPING LIST

Salad with Grilled Chicken

- ◯ Romaine Lettuce
- ◯ Grilled Chicken Breasts
- ◯ Red Cabbage
- ◯ Tomato
- ◯ Cucumber
- ◯ Green Beans
- ◯ Balsamic Vinaigrette

First, check off the items you already have at home.



CUT

CUT

CUT

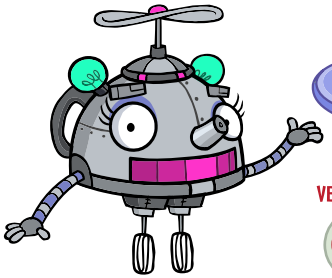
Mixiebot presents

DINNER

PBS KIDS GO!

FIZZY'S LUNCH LAB

Salad with Grilled Chicken



VEGETARIAN	TIME	DIFFICULTY	SERVES
V	L	E	4
NO	Under 30 min.	Easy	

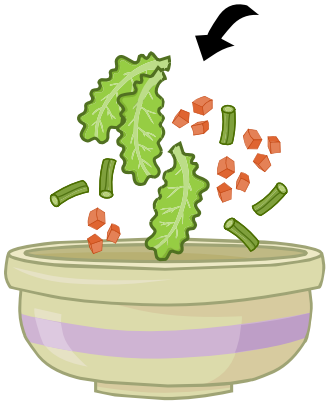
YOU WILL NEED

- **1** large head romaine lettuce, torn into bite size pieces
- **2** (6-ounce) grilled chicken breasts, cooled and shredded
- ¼ small head red cabbage, chopped
- **1** medium tomato, cored and diced
- ½ medium cucumber, quartered lengthwise and sliced thin
- ½ **cup** green beans, halved
- **2 tablespoons** balsamic vinaigrette

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

6 cups of mesclun mix can be substituted for the romaine. Cauliflower or broccoli may also be added to the salad. If you prefer dark meat, 3 chicken thighs can be substituted for the breasts.



STEP 1: Toss all of the ingredients in a large bowl until well combined. Serve immediately.

pbskidsgo.org/lunchlab

Nutrition Facts

Serving Size 1 Serving (188g)
Servings Per Container

Amount Per Serving		% Daily Value*
Calories 140	Calories from Fat 40	
Total Fat 4g		6%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 45mg		15%
Sodium 130mg		5%
Total Carbohydrate 7g		2%
Dietary Fiber 2g		8%
Sugars 4g		
Protein 19g		
Vitamin A 15% • Vitamin C 50%		
Calcium 4% • Iron 6%		

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4