SHOPPING LIST

Greens & Basil Vinaigrette

- ◯ Olive Oil
- ◯ Red Wine Vinegar
- ◯ Fresh Basil
- ◯ Garlic
- ◯ Dijon Mustard
- ◯ Kosher Salt
- ◯ Mesclun Greens
- ◯ English Cucumber
- ◯ Tomato
- ◯ Cheddar Cheese
- ◯ Raisins

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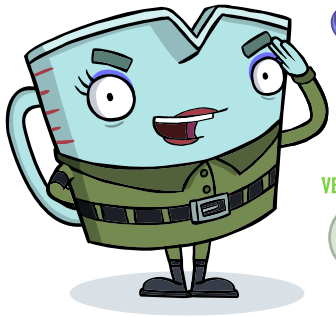
Corporal Cup presents

LUNCH

PBS KIDS GO!

FIZZY'S LUNCH LAB

Greens & Basil Vinaigrette



VEGETARIAN	TIME	DIFFICULTY	SERVES
V		M	4
YES	Under 30 min.	Medium	

YOU WILL NEED

For The Dressing:

- **¼ cup** olive oil
- **2 tablespoons** red wine vinegar
- **1 tablespoon** fresh basil
- **1** garlic clove, minced
- **½ teaspoon** Dijon mustard
- **Pinch** kosher salt

For The Salad:

- **8 cups** mesclun greens
- ½ English cucumber, diced
- **1** large tomato, diced
- **¼ cup** Cheddar cheese, diced
- **¼ cup** raisins

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

Smoked Gouda cheese makes a great substitution for the cheddar.

STEP 1: To make the dressing: Place all the ingredients in a small bowl and mix well.

STEP 2: To make the salad: Place all the ingredients in a large bowl and drizzle with the dressing.

STEP 3: Mix well and serve immediately.

pbskidsgo.org/lunchlab

Nutrition Facts

Serving Size (239g)
Servings Per Container 4

Amount Per Serving	
Calories 230	Calories from Fat 150
	% Daily Value*
Total Fat 17g	26%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 170mg	7%
Total Carbohydrate 17g	6%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 5g	

Vitamin A 90% • Vitamin C 15%
Calcium 8% • Iron 8%

*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