



In the Kitchen with Infants Students

APPLE AND CUCUMBER SALAD WITH LEMON DRESSING

FRESH FROM THE GARDEN: Apples, cucumbers



Lemons



Blueberries



Tomatoes

Ingredients

1-2 cucumbers
2 apples
1 tablespoon honey
1 tablespoon of Dijon mustard
2 tablespoons lemon juice
3 tablespoons oil
Salt and pepper to taste

Equipment

Knife
Chopping board
Whisk



Method

1. Start by chopping the apples and cucumbers into small bite-size pieces.
2. Transfer the chopped apples and cucumber to a bowl.
3. In a small bowl, whisk together lemon juice, honey, mustard, oil, salt and pepper until combined.
4. Pour the dressing over the salad. Gently stir everything together until the salad is coated in dressing.