



Instead of our regularly favorite recipes this month, we are highlighting **Cooking with Kids** and their program to encourage kids to eat fruits and vegetables. Listed here is the spring 2017 newsletter explaining about their Taste a Rainbow campaign and its success at Santa Fe Public Schools.

We hope you can take these recipes and make them with your kids.

## Cooking with Kids

### Who knew kids would go crazy over salad?

*CWK has a new way to get kids excited about healthy foods! We partnered with cafeteria staff in Santa Fe Public Schools to create colorful rainbow salads during the month of April. Our "Taste a Rainbow" campaign was a huge success – we served over 10,000 rainbows!*

*Here's a recipe card with two favorite salad combos that went home with kids in May!*

Toss these dressings over fresh greens, add plenty of colorful fruits and veggies and eat a rainbow!

## Honey Mustard Dressing

### Ingredients:

- ¼ cup Dijon mustard
- ¼ cup honey
- ¼ cup apple cider vinegar
- ¼ teaspoon salt
- ½ teaspoon salt
- ¼ cup vegetable oil

### Directions:

1. Whisk together all the ingredients **EXCEPT** the oil.
2. Gradually add the oil, whisking until smooth.

# Raspberry Vinaigrette

## *Ingredients:*

- ¼ cup fresh raspberries (*OR frozen and thawed*)
- ½ cup apple cider vinegar
- ¼ cup orange juice
- 2 tablespoons sugar
- 1 teaspoon mustard
- 1 cup vegetable oil

## *Directions:*

1. Mix everything **EXCEPT** the oil in a blender.
2. While the blender is running, add the oil in a steady stream.
3. Blend until smooth!