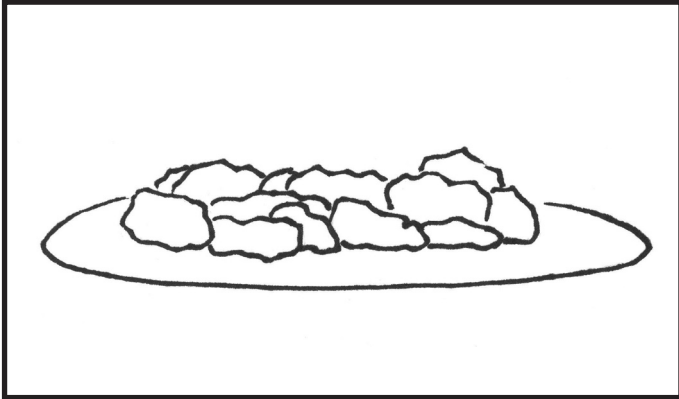


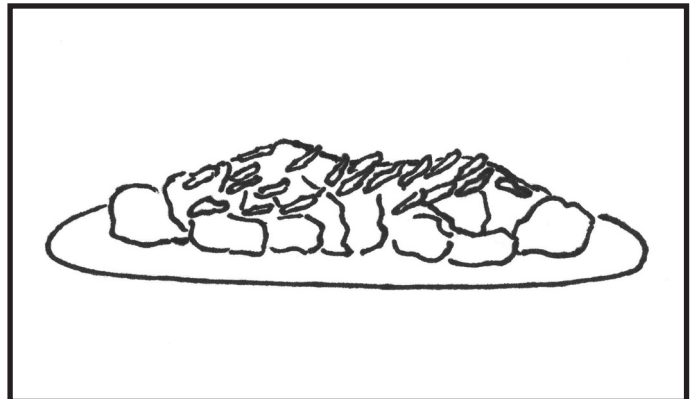
Chef Salad

Makes 1 Chef Salad.

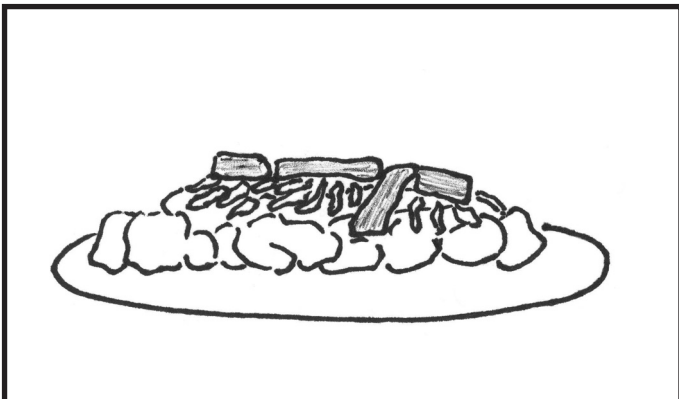
CACFP credit: 1 "Chef Salad" counts as 2 ounces meat/meat alternate and 1/2 cup vegetable.
Recipe adapted from: Recipes to Grow On, Central Minnesota Child Care, 1984.



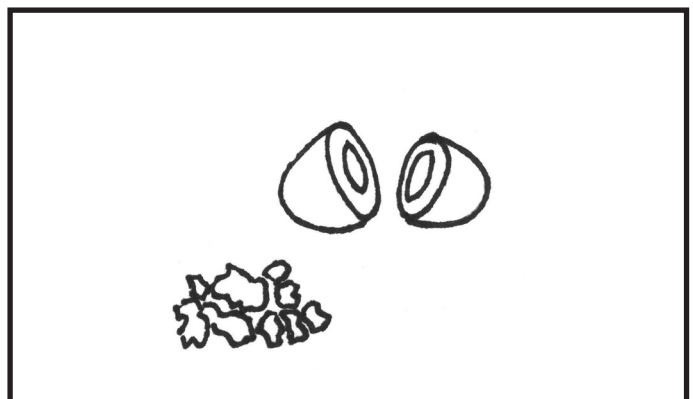
1. Place 1/2 cup lettuce on a plate.



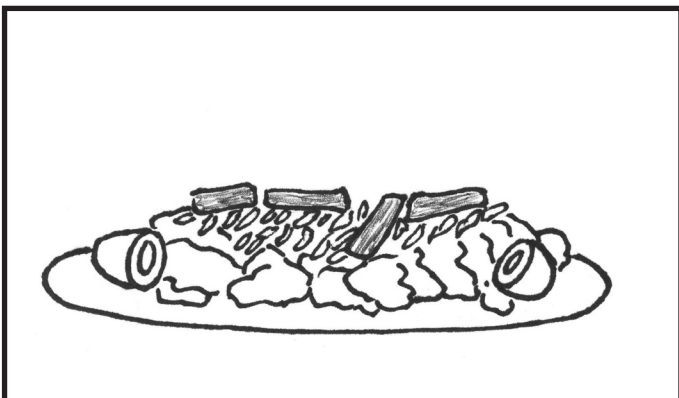
2. Sprinkle a little shredded cheese on top.



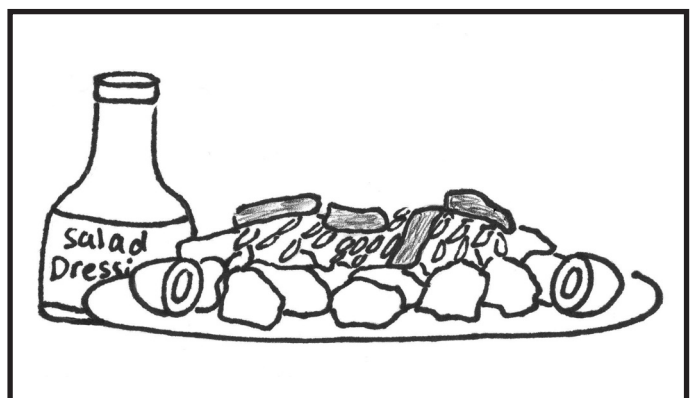
3. If desired, add strips of cooked ham, chicken, or turkey.



4. Peel a boiled egg. Cut in half.



5. Add the egg halves to the salad.



6. Add any other salad toppings you want. Serve with salad dressing.