

Bean, Peas & Carrots Salad

Oven temp:	Cook time (min):	Makes:
400	45 min	1 servings
Prep time:	total time:	serves:
Directions:		

ingredients:

4 oz arugula torn

2 T. black beans
previously boiled

6 snap peas
broken into bite size pieces

1 small carrot, grated

Salad dressing

plantain croutons

Mix all ingredients into a small salad bowl together

Top with salad dressing

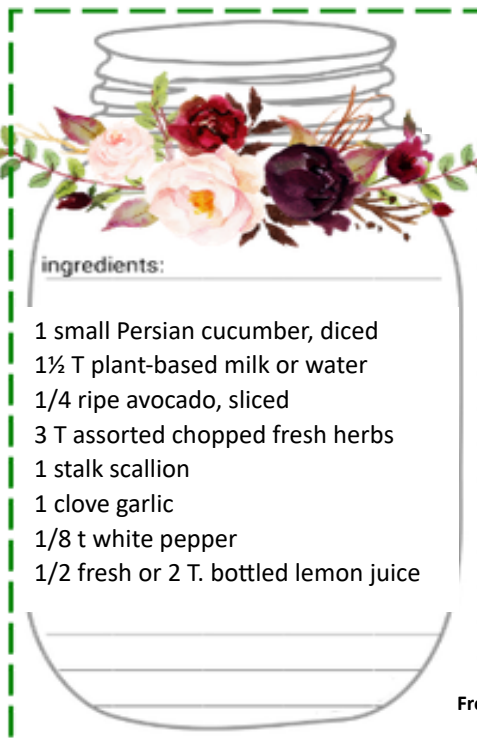
Dress with a sprinkling of croutons

Child made a wholesome meal by himself,
Ingredients chosen by child.

From: **Ajay Ponnaluri** - 3 years old

Top

Cut just outside green dashed lines to get 4x6 card.



Salad Dressing

Oven temp:	Cook time (min):	Makes:
0		6 servings
prep time:	total time:	serves:
Directions:		

ingredients:

1 small Persian cucumber, diced

1½ T plant-based milk or water

1/4 ripe avocado, sliced

3 T assorted chopped fresh herbs

1 stalk scallion

1 clove garlic

1/8 t white pepper

1/2 fresh or 2 T. bottled lemon juice

In blender all ingredients.

Process until smooth.

Serve with salad

Keep left over dressing in refrigerator in a
sealed container

From: **Humsha Naidoo** (Acton-Boxborough)

Bottom

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