

Simple Chef Salad, recipe below

Spelt Pretzels, *Vita Spelt*
Cherry tomatoes

Sugar-Free Chocolate Chip Cookies, *Joseph's Lite Cookies*

TIPS: Chef salad is a combination of lettuce, cooked turkey (can be torn bits of slices), mozzarella cheese chunks, chopped hard boiled eggs and celery. Use a low-sodium, artificial additive-free Ranch Dressing.

God-made colors: 6 (green, tan, white, yellow, red, brown)

Food Groups: 5 (vegetables, poultry, eggs, fruit, sweets)

Adjust the chef salad according to what is in your refrigerator. Example: replace turkey with chicken. Kids love a good Ranch Dressing which goes well with Chef Salads. Cherry tomatoes balanced this out and adds red to this color palate. A sugar-free cookie by Joseph's finishes this off with a welcomed Kid Critics Approved treat.