

Ranch Dip Layered Salad

Prep Time: 5 minutes

Cook Time: None

PANS/EQUIPMENT: 2 bowl, wire whisk, knife, cutting boards - food processor for shredding

Number of Servings: 6-8, depending on ages

1 packet Ranch Dip, *Simply Organic*

1 cup sour cream, organic is best (antibiotic/hormone free)

Mix well together.

1 cup lettuce, baby romaine

1 cup shredded carrots, organic

1 cup sliced cucumbers

1 cup frozen peas, thawed

Layer each vegetable, one at a time, in medium glass bowl. Spread a light layer of ranch dip on top. Repeat so have two complete layers ending with the dip on top.

1 cup cherry tomatoes, or 2 tomatoes sliced

Place across top.

1/2 cup mozzarella cheese, shredded, organic is best

Sprinkle on top. Let sit for a few minutes so ranch dip flavors filter through the vegetables. Serve. bowl.

OPTION: Use other raw vegetables of choice such as spinach and bell peppers. Also may want to add chicken, turkey bacon and hard boiled eggs for a Club Salad. Use the Kid Critics Approved Simply Organic Ranch Dressing instead of the dip.

4 God-made Food Colors: green, orange, red, white

4 Food Groups: herbs/spices, dairy, vegetables, fruit

PERFORMANCE RATING: 4/4

This is a delicious way to get your kids to eat vegetables. For the younger ones, you may want to limit the number of vegetables layers to three, save the cucumbers for a direct dip item. Because this Ranch Dip is free of all unwanted ingredients and is Kid Critics Approved, you should have great results when serving it in your home. Serve it as a side dish with a meat, fish or bean entree. It also makes a beautiful presentation for guests. You will love it because it is so easy... no cooking! We emphasize organic, especially with dairy products so you avoid feeding your family antibiotics and hormones which are known to create havoc, especially in young growing bodies.

As a side dish, a 4/4 Performance rating is great. You can up the rating of this salad by making it a entree with the addition of poultry and eggs. Or, serve it with meat, fish or bean entree. However you serve it, the visual will have a WOW factor. The more naturally sourced colors, the more tantalizing. Enjoy this one!