

# Olympic-themed Crunch Salad

## Ingredients



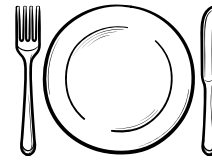
Prep Time:

10  
mins



Cook Time

0  
mins



Servings:

6  
Servings

### Salad

- 2 cups chopped mini cucumbers (green)
- 1 cup chopped red cabbage (blue)
- 1/2 cup raisins (black)
- 1/2 cup chopped red peppers (red)
- 1/2 cup chopped yellow peppers (yellow)

### Dressing

- 1/3 cup olive oil
- 1/4 cup lemon juice
- 1 tablespoon honey
- 1 teaspoon dijon mustard
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper



## Directions

1. Combine dressing ingredients in a small bowl, whisk until smooth.
2. Add salad ingredients to a large bowl, coat with dressing and toss to combine.
3. Add pepitas, almonds, feta cheese, or your favorite toppings. (optional)

**Learn more about the NC Summer Nutrition Program & find more enrichment activities at [SummerMeals4NCKids.org](https://SummerMeals4NCKids.org)**

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This institution is an equal opportunity provider.