



SALAD SKEWERS

March 28

National Something on a Stick Day

INGREDIENTS

- 12 Bamboo Skewers
- ½ Pound Large Bell Peppers
- ¼ Pound Seedless Cucumber
- ½ Pound Zucchini
- 1 Pound Cherry Tomatoes
- 3 Tablespoons White Wine Vinegar
- ½ Teaspoon Dijon Mustard
- ¼ Teaspoon Salt
- ⅛ Teaspoon Black Pepper
- 3 Tablespoons Extra-Virgin Olive Oil
- ½ Cup Fresh Tarragon Leaves

DIRECTIONS

1. Alternately thread pepper, cucumber and zucchini chunks, and cherry tomatoes onto skewers.
2. Arrange skewers on platter; wrap in plastic wrap. Or place in storage container with tight-fitting lid. Can be refrigerated up to 1 day.
3. In small bowl, with wire whisk, mix vinegar, mustard, salt, and black pepper until blended.
4. In thin, steady stream, whisk in oil until blended; stir in tarragon.
5. Transfer vinaigrette to small container with tight-fitting lid.
6. Serve skewers with vinaigrette.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

12 Skewers

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Skewer	1 Skewer	2 Skewers	1 Skewer