



No-Cook: Secret Chef Salad + Sweet-Spiced Apple Iced Milk

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Prep Time 20 / Cook Time 0 / Serves 4 - 6

Shopping List

FRESH

1/2 lb cherry tomatoes

2 heads romaine lettuce

1/2 C shredded carrots

1 apple or ripe pear (for salad)

2 apples (for drink)

DAIRY

4 to 5 slices mozzarella, muenster, or white cheddar cheese ****(see allergy subs below)****

3 C milk ****(see allergy subs below)****

PANTRY

1/4 C red wine vinegar, balsamic, or apple cider vinegar

2 tsp granulated sugar

1/2 tsp garlic powder

1/4 tsp salt

1 pinch ground black pepper

1/2 C olive oil

1/2 C brown sugar

1/2 tsp ground cinnamon (for sprinkling)

HAVE ON HAND

2 C ice

Fun-Da-Mentals Kitchen Skills

chop: to cut something into small, rough pieces using a blade.

seal: to close tightly, keeping filling inside.

shake: to rapidly and vigorously move a covered container filled with food up and down and side to side to combine ingredients and create a different consistency, such as shaking whipped cream to make butter.

tear: to pull or rip apart a food, like basil leaves, into pieces instead of cutting with a knife; cutting breaks cell walls more, so herbs can discolor faster.

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

pour: to cause liquid, granules, or powder to stream from one container into another.

Equipment

Large salad bowl

Liquid measuring cup

Measuring spoons

Dry measuring cups

Cutting board + kid-safe knife

Tongs or 2 large spoons to toss salad

Blender (or pitcher + immersion blender)

Cutting board

Kid-safe knife

Ingredients

Secret Chef Salad

Freckle Juice (vinaigrette):

1/4 C red wine vinegar, balsamic, or apple cider vinegar

- 2 tsp granulated sugar
- 1/2 tsp garlic powder
- 1/4 tsp salt
- 1 pinch ground black pepper
- 1/2 C olive oil
- Chef Salad:
- 1/2 lb cherry tomatoes
- 2 heads romaine lettuce
- 1/2 C shredded carrots
- 4 to 5 slices mozzarella, muenster, or white cheddar cheese ******(for DAIRY ALLERGY sub dairy-free/nut-free mozzarella or other cheese slices, like Daiya brand)******
- 1 apple or ripe pear

Sweet-Spiced Apple Iced Milk

- 1/2 C brown sugar
- 3 C milk ******(for DAIRY ALLERGY sub dairy-free/nut-free milk)******
- 2 C ice
- 2 apples (your choice of variety)
- 1/2 tsp ground cinnamon (for sprinkling)

Food Allergen Substitutions

Secret Chef Salad

Dairy: Substitute dairy-free/nut-free mozzarella or other cheese slices, like Daiya brand.

Sweet-Spiced Apple Iced Milk

Dairy: Substitute dairy-free/nut-free milk.

Instructions

Secret Chef Salad

vinaigrette

First, make the Freckle Juice vinaigrette. (If you're also making the Spotted Bruschetta Buffet (see recipe) as part of a meal plan, you can make the vinaigrette for both recipes at the same time.)

measure + whisk + taste

To a jar or container with a tight lid, measure and add **1/4 cup red wine vinegar**, **2 teaspoons sugar**, **1/2 teaspoon garlic powder**, **1/4 teaspoon salt**, and **1 pinch of black pepper**. Seal the lid and shake to combine the ingredients, then add **1/2 cup olive oil** and shake again. Add more salt, vinegar, or garlic powder to taste.

chop + tear + slice

Next, assemble your salad! Chop or tear **2 heads of romaine lettuce** into bite-sized pieces and add to a large bowl. Tear up **4 to 5 slices of mozzarella or other cheese**. Slice or chop **1 apple or pear**. Slice **1/2 pound of cherry tomatoes** in half (or leave whole).

combine + toss

Combine **1/2 cup shredded carrots**, the cheese, fruit, and cherry tomatoes to the lettuce in the bowl. Toss the salad with the Freckle Juice vinaigrette or serve it on the side!

Sweet-Spiced Apple Iced Milk

measure + pour

Measure **1/2 cup brown sugar**, **3 cups milk**, and **2 cups ice** and pour them all into your blender (or pitcher for use with an immersion blender).

slice + blend

Then, roughly slice **2 apples**. Toss the apple slices into the blender and start blending. Continue blending until the smoothie is creamy, smooth and ready to drink. Pour into cups and sprinkle with **cinnamon**. Enjoy!

Featured Ingredient: Tomato!

Hi! I'm Tomato!

"I'm a beautiful, juicy red Tomato. Do you pronounce my name: "tuh-may-tow" or "tuh-mah-tow?" Either way you slice it (or say it), we tomatoes are wonderfully adaptable. You'll find us fresh or cooked on sandwiches, in salads, tacos, soups, stews, sauces, and much more."

History & Etymology

The tomatoes we have now descended from the pea-size fruit of wild plants that grew in western South America. Mesoamericans were the first to domesticate the tomato plant sometime before 500 BCE.

Hernán Cortés, a Spanish conquistador, may have brought tomatoes back to Europe in the 16th century after conquering the Aztec city, Tenochtitlan (now Mexico City).

Tomatoes cultivated in North American colonies in the early 1700s may have been introduced from the Caribbean. Thomas Jefferson also brought tomato seeds back from France. Before tomatoes were used in cooking, the plants were used ornamentally due to some people's beliefs that they were poisonous. One reason for this error was that tomatoes come from the nightshade family, including the belladonna plant (or deadly nightshade), which has highly toxic leaves and berries. Another reason may be that the pewter plates they used back then adversely reacted to the acid in tomato juice.

China is by far the largest producer of tomatoes in the world. In the United States, California and Florida produce the most tomatoes.

The American and British pronunciations of "tomato" were made famous by an Ira and George Gershwin song from 1937 called "Let's Call the Whole Thing Off." Americans pronounce the word "tuh-may-tow," and the British say "tuh-mah-tow."

The word "tomato" comes from the Spanish, French, or Portuguese "tomate," from the Nahuatl "tomatl."

Anatomy

The tomato is a berry from the tomato plant (*Solanum Lycopersicum*), a perennial vine. It is part of the Solanaceae family, like the potato, pepper, eggplant, and petunia. Since it is a berry, it is a fruit, although mainly used as a vegetable.

A tomato's color is usually red but can also be yellow, orange, green, or purple. Tomatoes can be spherical, oval, or pear-shaped. Their flesh is pulpy with cavities, called locules, that hold the seeds.

There are more than 10,000 tomato varieties. Some are hybrids, and some are heirlooms. An heirloom tomato is a variety that has been grown for generations on a family farm rather than commercially.

Unfortunately, in the past 40 years, many heirloom varieties have been lost, along with the smaller family farms that grew them. However, hundreds of heirloom tomato varieties are still available.

How to Pick, Buy, & Eat

If you are growing your own tomatoes, pick them from the vine while still firm, with a slight give, and before their ripe color (usually red) deepens too much. While holding the fruit, twist it off the stem until it snaps off. The leaf on top of the tomato (the calyx) and part of the stem will come with it. You can also snip it off using garden scissors.

When you choose tomatoes at the store, pick fruit that has smooth, brightly colored skin with no cracks or bruises, is firm but gives with slight pressure, is heavy for its size, and has a pleasant, aromatic smell.

Avoid tomatoes with pale or dark spots.

Store tomatoes at room temperature, as their flavor will decrease in a refrigerator's cold temperature. Wait

to wash them until you are ready to use them.

If you plan to make a tomato sauce or soup using fresh, raw tomatoes, you will want to peel them first. This can be difficult without some preparation: First, put a pot of water on the stove to boil and fill a large bowl with cold or icy water. Next, after washing the tomatoes, use your knife to cut a shallow 'X' through the skin at the top or bottom of each one. Then use a slotted spoon to place the tomatoes into the boiling water until the skin begins to loosen and peel back at the incision, about 30 to 60 seconds. Finally, immediately dunk them into the ice water. The skin should peel easily now. You can also remove the seeds by cutting the peeled tomatoes in half and scooping the seeds out with a spoon.

Tomatoes are versatile vegetables for cooking. Ripe tomatoes can be prepared fresh, stuffed, baked, boiled, or stewed, and they are the base for many sauces. You can also pickle green, unripe tomatoes, add them to salsa or bread and fry them.

Nutrition

Tomatoes are a moderate source of vitamin C, and cooked tomatoes are high in lycopene, an antioxidant, which may help protect your body's cells from damage, strengthen your immune system, and prevent some diseases.