

Jolly Green Giant Salad

Makes: 10 or 40 Servings

Ingredients	10 Servings		40 Servings	
	Weight	Measure	Weight	Measure
Spinach, fresh	3 cups			12 cups
Hard cooked eggs, large	2 eggs			8 eggs
Chick peas (garbanzos), canned or cooked from dry chick peas	3 cups			12 cups
Olive oil	2 Tbsp			9 Tbsp
Lemon juice	1 Tbsp			1/4 cup
Garlic, minced clove OR garlic powder	1 clove OR 1/8 tsp powder			4 cloves OR 1/2 tsp powder

Nutrition Information

Nutrients	Amount
Calories	130
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	42 mg
Sodium	21 mg
Total Carbohydrate	15 g
Dietary Fiber	4 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	6 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

Directions

1. Place eggs in water over medium heat. Heat until bubbles appear, but not boiling, about 15 minutes until hard-cooked. Set aside to cool.
2. Wash and drain spinach, pinch off stems, tear into bite-size pieces and place in a large salad bowl.

3. Peel eggs, chop and add them to the salad bowl with the spinach.
4. Add chickpeas to the salad bowl.
5. Make the dressing: Combine olive oil, lemon juice, and minced garlic or garlic powder in a screw top jar. Cover and shake well.
6. Pour dressing over spinach; toss lightly to coat spinach.

Notes

Serving Tips:

Use this lemon juice and olive oil dressing on any type of salad or as a marinade for fish or chicken.

Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care