



Pilot Light Family Meal Lesson Fresh Spring Salad topped with Baked Salmon

Suggested Age Range: 8-14 years-old (with adult supervision)

Recipe:

This recipe celebrates the arrival of fresh produce in the spring by highlighting the greens with whatever vegetables you have on hand. Grab a helper (or two!) and decide on the way you cut the vegetables, season, and add ingredients depending on the flavors your family enjoys most -- and save any salad for lunch the following day!



Fresh Spring Salad (serves a family of 6-8)

- 2 heads lettuce (iceberg, romaine, red or green leaf, bib)
- 1 cup salad greens (cabbage, spinach, or mixed greens)
- 3 cups mixed vegetables (tomatoes, baby carrots, radishes, cucumber, or peppers)
- 1 T seeds or nuts of your choice
- 2 T raisins or another dried fruit (or more to your taste)
- 2 T olive or canola oil
- 2 T lemon juice or vinegar
- 1 tsp. dried herb of your choice (oregano, parsely, rosemary, etc.)
- 2 tsp. garlic powder
 - *Mix it up:* use another favorite seasoning of your family's choice!
- 1-2 tsp. salt
- 1-2 tsp. black pepper
- 2 ¼ lb. salmon (or another fish of your choice such as tuna - you can use canned, leftover, frozen, or fresh)

Materials:

- Counter space
- Cutting board and knife (used with adult supervision)
- 1 large mixing bowl
- Measuring cups and spoons
- Large serving spoon
- Lemon juicer or reamer (optional -- only if using fresh lemon)
- Spatula (optional -- only if baking fish)
- 1 baking tray (optional -- only if baking fish)
- Bowls for serving

Directions:

1. If baking fish, preheat your oven to 375 degrees. Drizzle 1 tsp. oil on a baking tray.
2. Season fish with salt, black pepper, garlic powder/your seasoning of choice, to taste. Place fresh filets evenly on the tray and bake for about 20 minutes at 375 degrees. The fish is done when it is flaky when you put a fork in it. If using pre-cooked or canned fish, season and set aside.
3. Rinse all of the salad ingredients thoroughly.
4. Chop lettuce and any larger greens and add to the bowl (if using cabbage, shred it!)
5. Quarter or slice your vegetables into bite-sized pieces (kids can choose shapes depending on what the vegetable is - encourage multiple types and be sure to cut flat edges so younger helpers have a stable item to cut into pieces). Add to bowl.
6. Measure vinegar or lemon juice into the bowl atop vegetables. If using fresh lemon, squeeze your lemon and drizzle lemon juice and pulp over salad.
7. Add in your oil, garlic powder or your seasoning, dried herbs, black pepper, and salt.
8. Top with seeds, nuts, and raisins or dried fruit.
9. Toss all contents thoroughly with a large serving spoon until combined, and spoon your salad into bowls. Top salad bowls with 6 oz. seasoned fish. Bon appétit!

Activity/Discussion Questions:

Families/children could discuss or write about:

- How did we work together to create this meal? What did we do well and what could we have done better?
- What are the colors we used to make this meal?
- If you could describe this meal in 3 words, what would they be? Why?

Extension Activities:

Here are some suggestions for additional activities that relate to this recipe:

- Make a list of the vegetables that you used in your salad and research which season each vegetable is grown in the region that you live. If the vegetable is not grown where you live, research the reasons why.
- Experiment with different salad toppings to find your favorite and make creative combinations. You could try sliced almonds, pistachios, cranberries, walnuts, pumpkin seeds, pecans, croutons, tortilla chips, or anything else in your pantry that sounds good,
- Using your phone, take pictures and videos of the process to share with family and friends! Make sure to share with them any creative ingredient combinations!

This family lesson was written by Pilot Light Food Education Fellow, Ratib Al-Ali, and his family and was inspired by the Pilot Light lesson [Seasonality: Everything In Its Own Time](#).