



MAKE

# FREG'S Snack Shack

FREG'S SNACK SHACK HAS TEAMED UP WITH A YOUTH IN THE NEIGHBOURHOOD TO BRING YOU THIS RECIPE. HER NAME IS CADENCE, AND SHE SAYS IT IS HER FAVOURITE!



This recipe has added **sweetness** from the carrots. Swipe to the next pages to follow the directions!





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# Chef's Salad

(feeds 1 or more)



- lettuce or mixed greens of your choice
- carrots (chopped or grated)
- ham or turkey slices (medium-thick)
- cheddar cheese slices
- croutons (whole grain if possible)
- raisins
- Parmesan cheese (grated)
- salad dressing and other favourite toppings

Submitted by Cadence, Age 10



Adult  
HELP  
Required