

Mark Your Calendars

- May 4th - National Orange Juice Day
- May 8th - Mother's Day
- May 13th - National Apple Pie Day
- May 15th - National Chocolate Chip Day
- May 28th - National Hamburger Day
- May 30th - Memorial Day

Rainbow Layered Salad Recipe



This salad has the colors of the rainbow and is made with handy ingredients such as frozen corn.

Servest 6

Ingredients

- 1 pint red grape or cherry tomatoes, quartered
- 1 cup shredded carrots
- 1 cup frozen corn kernels
- 2 Hass avocados, pitted and sliced into thin wedges
- 1 cup thinly sliced red cabbage
- 1 cup crushed blue corn chips
- Juice of 1 lime
- Juice of 1 lemon
- ¼ cup olive oil
- ½ teaspoon salt
- Freshly ground pepper to taste

Directions

1. In a clear glass serving bowl, layer the tomatoes, carrots, frozen corn, avocados, red cabbage and blue corn chips in order. Let stand at least 15 minutes for corn to fully defrost.
2. Make salad dressing by whisking together lime juice, lemon juice, olive oil, salt and pepper. Serve salad with dressing on the side.

<https://www.eatright.org/food/planning-and-prep/recipes/rainbow-layered-salad-recipe>



Teacher Appreciation Week is May 1-7

Teaching is one of the oldest professions. Teacher's Appreciation Day was adopted by Congress in 1953 and is known as a day to recognize and honor teachers on May 3rd.

The celebration is a way to thank teachers for the roles they play in the life of every child they teach. Take time to thank a teacher and honor the teacher who has made in difference in your life, perhaps with an apple?

Apples throughout history have been associated with knowledge and education, but the gifting of fruit goes back to times of hardship where especially in places such as Denmark and Sweden families gave teachers baskets of apples as payment for their children's educations. Even though times have changed, the kind gesture remains the same so please take the time to appreciate teachers this week!

<https://www.childrensmuseum.org/>

May is National Salad Month

With the weather warming up, there's no better time to enjoy a lighter meal. Salads can be a nutrition powerhouse and a great way to add variety to your daily diet. Try mixing darker greens like kale or spinach or for some crunch add radish or red onion. You can always add beans for some added protein or fiber or to switch things or citrus fruit such as Mandarin oranges. Strawberries and raspberries can also be a topping. Whatever way you make your salad, turning over a new leaf and adding variety, you can't go wrong!



<https://fruitsandveggies.org/stories/celebrate-national-salad-month/>