



Catholic Health Initiatives

Imagine better health.®

Salad-on-a-Stick

Serves 8

Prep/cooking time:

Approximately 30 minutes

Ingredients:

2 sweet potatoes, small

1½ tbsp. olive oil

½ tsp. ranch dressing seasoning mix

1 head butter leaf lettuce, cut into 24 wedges

2 apples, cored and cut into 24 chunks
(1-inch in size)

½ cup low-fat or fat-free ranch dressing

8 wooden skewers



Kid Friendly

Directions:

Preheat the oven to 425 degrees. Meanwhile, peel sweet potatoes, halve lengthwise and cut each half into 1-inch-thick slices for a total of 24 slices. On a sheet tray, place the sweet potato slices in an even layer and drizzle with olive oil. Sprinkle slices with ranch dressing mix and toss well, making sure each slice is coated. Roast the sweet potatoes in the oven for about 20 minutes, remove and let cool slightly.

To make the salad-on-a-stick, thread a wedge of lettuce (stack of leaves about 1-inch thick) onto a skewer, followed by a slice of sweet potato and then an apple chunk. Repeat the pattern two more times on the same skewer. Follow the same steps with each skewer until all of the ingredients are used. Drizzle the skewers with the ranch dressing. To make it fun (and less messy) for kids, give them a small dish with ranch dressing and let them dip their salad-on-a-stick in the dressing (instead of pouring it on top).

Harvest of the Month

butter lettuce