



## Green Salad with a Citrus & Parmesan Dressing

### What to collect

Ingredients	Equipment
lettuce/bok choy	chopping board
2 oranges, segmented	knife
2 avocados, sliced	metric measuring cups/spoons
2 Lebanese cucumbers, diced	zester
1/4 cup chopped parsley	grater
1/4 cup toasted sunflower seeds	frying pan
<b>Dressing:</b>	
1/2 cup olive oil	
2 tablespoons parmesan cheese	
zest & juice of an orange	
1 tablespoon white wine vinegar	
salt/pepper to taste	

### What to do

1. Arrange salad ingredients in a large bowl.
2. Whisk dressing ingredients together and pour over salad.
3. Garnish with toasted sunflower seeds.