

Example of school lunch menu 4. Side dish

Crisp salad

A recipe from the workshop held by Okayama Prefecture Branch (2009)

Sample menu: Bread, milk, cabbage cooked in curry cream, crisp salad and yogurt jelly

[Ingredients]	Per person	__ persons
Dried daikon radish strips	2 g	
Lotus root	15 g	
Corn kernels	6 g	
Japanese mustard spinach	20 g	
Aojiso (green perilla) salad dressing	10 g	



[How to cook]

- (1) Soak dried radish strips in water and boil quickly.
- (2) Cut lotus root into quarter slices, cut Japanese mustard spinach into 3 cm long pieces and boil them
- (3) Mix the vegetables and add dressing.

Nutritive values are described for each recipe.

[Nutritive values of the dish (per serving)]

Energy (kcal)	31	Magnesium (mg)	23	Vitamin C (mg)	10.00
Protein (g)	0.9	Zinc (mg)	0.1	Dietary fiber (g)	1
Fat (g)	0.1	Vitamin A (μg)	11.0	Salt equivalent (g)	0.6
Calcium (mg)	20	Vitamin B1(mg)	0.03		
Iron (mg)	0.4	Vitamin B2 (mg)	0.02		