

Spiced Corn & Plum Prana Salad Recipe



Yield: 4 cups

Ingredients

- 3 ears of corn, shucked
- 3 jalapeno, optional
- 1 small red onion
- 1 large heirloom tomato
- 1 plum
- 1/4 cup pumpkin seeds
- 1/4 cup Prana Spiced Salad Dressing

Instructions for Adults

- Grill ears of corn on the stovetop on medium high heat for about 2-3 minutes on each side until golden and slightly charred.
- Assist with safe knife skills.

Instructions for Kids

- With help from an adult, slice the corn kernels off each cob and place them into a medium-sized serving bowl.
- Use a food chopper to finely chop the chilis and onion. Add them to the bowl with the corn.
- Use a paring knife to safely dice the heirloom tomato and the plum into bite-sized chunks. Add the tomato, plum, and pumpkin seeds to the bowl.
- Add 1/4 cup of Prana Spiced Salad Dressing. Stir everything together with a large spoon and serve!

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Prana Spiced Salad Dressing Recipe



Yield: 1 cup

Ingredients

- 1-2 teaspoons Prana Spice Mix
- 1 Tablespoon whole grain mustard
- 1/4 cup red wine vinegar
- 3/4 cups canola oil

Instructions for Adults

Help kids measure recipe ingredients.

Instructions for Kids

Add all ingredients to a jar. Seal lid tightly and shake until combined. You can store this in the refrigerator for up to a month.

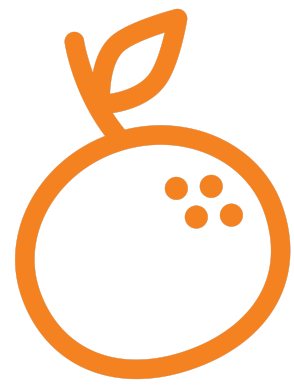
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Prana Spice Mix Recipe

Yield: 1 tablespoon



Ingredients

1-inch piece of ginger, peeled
1/2 teaspoon mustard seeds
1/4 teaspoon fenugreek seeds
1/4 teaspoon fennel seeds
1/4 teaspoon cumin seeds
1/4 teaspoon black pepper
1/4 teaspoon salt
2 whole cloves

Instructions for Adults

Help kids measure recipe ingredients.

Instructions for Kids

Place all ingredients in a mortar and pestle. Smash for about 5 minutes, until a smooth paste forms. You can store this in a jar in the refrigerator for a week.

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