



Name: _____

Class: _____ Date: _____

Kitchen Wizard

An extension of "She's a YouTube star at 106"

Read "**She's a YouTube star at 106**" (page 15, *What's Up* June 2017). Cooking for friends and family can be very satisfying. Being able to cook also makes you a more independent person. You can be on your way to becoming a Kitchen Wizard with this simple recipe to make a tasty, healthy broccoli salad.

Preparation time: 30 minutes.

Serves: 10 people.

Ingredients

6 slices of chicken ham	1/8 cup white sugar
2 heads of fresh broccoli	1 teaspoon ground black pepper
1 1/2 cups sharp cheddar cheese, shredded	3/4 teaspoon salt
1/4 cup sunflower seeds	2/3 cup mayonnaise
1/2 large red onion, chopped	1 teaspoon fresh lemon juice
1/4 cup apple cider vinegar	

Method

1. Cut the chicken ham into small cubes. Cut the broccoli into small florets. Ask an adult to stand by while you use a knife.
2. Mix the broccoli, chicken ham, onions and cheese in a large bowl.
3. Prepare the dressing in a small bowl by whisking together the apple cider, sugar, pepper, salt, mayonnaise and lemon juice.
4. Pour the dressing onto the salad and stir lightly. Put it in the refrigerator for an hour.

When the salad is cold, it is ready to serve. And, you're on your way to becoming a Kitchen Wizard.