



LESSON 2: FOOD SUSTAINABILITY

Sliders

SLIDER INGREDIENTS

2 slider buns

1–2 TBSP pesto sauce

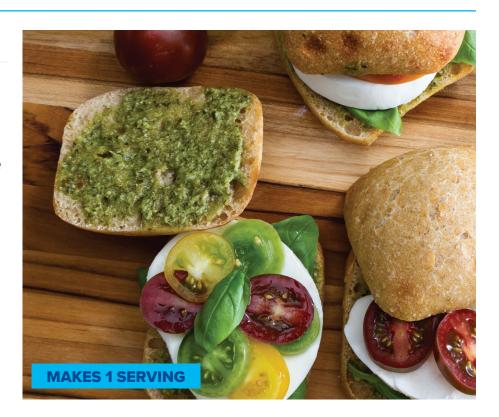
2 slices of tomato

2 slices fresh mozzarella cheese

4-5 leaves of baby spinach

Drizzle of balsamic vinegar

Other options: sliced onion, thinly sliced zucchini, sliced and cooked mushrooms



Nutrition Facts

Serving Size: 1 × 2 Sliders

23.3 g 6.7 g 0.4 g 30.6 mg		20 9 36 9 34 9
6.7 g 0.4 g		34 %
0.4 g		
30.6 mg		
		10 9
852 mg		35 %
32.8 g		11 9
2.7 g		11 9
5.4 g		
18.2 g		36 %
Vitamin C	•	13 9
Iron		17 9
	32.8 g 2.7 g 5.4 g 18.2 g Vitamin C	32.8 g 2.7 g 5.4 g 18.2 g

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

DIRECTIONS

- 1 Spread pesto on slider buns.
- 2 Layer tomato, mozzarella and spinach on each bottom bun.
- 3 Drizzle balsamic vinegar on fillings.
- 4 Place top bun.