

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

Amount Per Serving	% Daily Value*	
Calories	405.6 kcal	20 %
Total Fat	23.3 g	36 %
Saturated Fat	6.7 g	34 %
Trans Fat	0.4 g	
Cholesterol	30.6 mg	10 %
Sodium	852 mg	35 %
Total Carbohydrate	32.8 g	11 %
Dietary Fiber	2.7 g	11 %
Sugars	5.4 g	
Protein	18.2 g	36 %
Vitamin A	12 %	Vitamin C 13 %
Calcium	40 %	Iron 17 %

* 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.