



## Swiss Chard and Beet Green Salad

Yields 3 servings (1 cup each)

### Ingredients

- 1 ½ cups swiss chard, chopped
- 1 cup beet greens, chopped
- ½ cup beets, grated

### For dressing

- 1 tablespoon olive oil
- 1 tablespoon vinegar
- 1 teaspoon dried oregano
- ¼ teaspoon black pepper, if desired

### Instructions

1. Wash the swiss chard, beet greens, and beets well.
2. Chop the swiss chard and beet greens. Grate the beets.
3. To make the dressing—mix oil, vinegar, oregano and black pepper together.
4. Combine all ingredients in a bowl. Mix together and serve cold.

### Helpful Information

- Try adding different greens – kale, lettuce, spinach.
- For an extra hint of sweetness try adding ½ cup of your favorite fruit.
- Use a vegetable brush to give the beets a good scrub down! Keep the skin on for more fiber and nutrients.

Source: CUCE-NYC FMNP Recipe Collection 2014



Recipe analyzed using *The Food Processor® Nutrition Analysis Software* from ESHA Research, Salem, Oregon.

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<b>Nutrition Facts</b>	
Servings Size 1 cup	
Servings Per Recipe 3 servings	
Amount Per Serving	
<b>Calories</b> 70	Calories from Fat 35
% Daily Value*	
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 115mg	<b>5%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 6g	
<b>Protein</b> 2g	
Vitamin A 30%	• Vitamin C 20%
Calcium 4%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
Label analysis based on ingredients listed.	





## Ensalada de Acelga y Hojas de Remolacha

Rinde 3 raciones (1 taza cada una)

### Ingredientes

- 1 ½ tazas de acelga, picadas
- 1 taza de hojas de remolacha, picadas
- ½ taza de remolacha, rallada

### Para el aderezo

- 1 cucharada de aceite de oliva
- 1 cucharada de vinagre
- 1 cucharadita de orégano seco
- ¼ de cucharadita de pimienta negra, a gusto

### Instrucciones

1. Lave la acelga, hojas de remolacha, y las remolachas. Corte las hojas de remolacha y la acelga. Ralle las remolachas.
2. Para preparar el aderezo—mezcle el aceite, vinagre, oregano, y pimienta negra.
3. Mezcle todos los ingredientes y el aderezo en un tazón. Sirvala fria.

### Informacion Útil

- Try adding different greens – kale, lettuce, spinach. Trate de agrega diferentes verduras como lechuga, la col rizada, y espinaca.
- Agregue ½ taza de sus frutas preferidas para un toque mas dulce a su ensalada.
- Utilize un cepillo para verduras para lavar bien las remolachas! Mantenga la piel para mas nutricion y fibra.

Nutrition Facts	
Servings Size 1 cup	
Servings Per Recipe 3 servings	
Amount Per Serving	
<b>Calories 60</b>	Calories from Fat 25
% Daily Value*	
<b>Total Fat 3g</b>	<b>5%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 35mg</b>	<b>1%</b>
<b>Total Carbohydrate 7g</b>	<b>2%</b>
Dietary Fiber 2g	8%
Sugars 3g	
<b>Protein 1g</b>	
Vitamin A 50%	Vitamin C 30%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
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