



Fall Vegetable Salad

Yields 6 servings (1 cup each)

Ingredients

- 1 head lettuce, chopped
- ½ cup kale, chopped
- 1 medium carrot, grated
- 4 radishes, grated
- ½ red bell pepper, chopped
- 1 ear corn, kernels removed from cob
- ½ small cucumber, chopped
- ½ cup broccoli, chopped
- 1 apple, chopped
- 1 peach, chopped
- 1 tablespoon cilantro, chopped

For dressing:

- 1 tablespoon olive oil
- 1 tablespoon apple cider vinegar
- 1 teaspoon dried oregano
- ¼ teaspoon black pepper

Instructions

1. Add all vegetables to a large bowl and toss together.
2. To make the dressing, mix oil, vinegar, oregano and black pepper together.
3. Pour dressing over vegetables. Mix together and serve cold.

Helpful Information

- Fall is the time to experiment with your salad recipe. Try new varieties of apples and radishes - radish leaves are edible!
- To serve as a main dish, add 1 can of garbanzo beans or chickpeas (drained and rinsed) or cooked cubes of lean poultry or fish.

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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Nutrition Facts

Serving Size 1 cup

Servings Per Recipe 6 servings

Amount Per Serving

Calories 90 Calories from Fat 25

% Daily Value*

Total Fat 3g 5%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrate 15g 5%

Dietary Fiber 3g 12%

Sugars 7g

Protein 2g

Vitamin A 70% • Vitamin C 70%

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 Vegetales de Otoño

Rinde 6 raciones (1 taza cada una)

Ingredientes

- 1 lechuga entera, picada
- ½ taza de col rizada, picada
- 1 zanahoria mediana, rallada
- 4 rábanos, rallados
- ½ pimiento rojo, picado
- 1 mazorca de maíz, desgranada
- ½ pepino pequeño, picado
- ½ taza de brócoli
- 1 manzana, picada
- 1 durazno, picado
- 1 cucharada de cilantro, picado fino

Para el aderezo:

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

Instrucciones

1. Añada todos los vegetales a un tazón grande y mézclelos juntos.
2. Para preparar el aderezo, mezcle el aceite, el vinagre, el orégano y la pimienta negra juntos.
3. Rocíe el aderezo sobre la ensalada. Mézclela y sírvala fría.

Información Útil

- En el otoño experimente con sus recetas de ensalada. Trate nuevas variedades de manzanas y rábanos ¡las hojas de rábanos se pueden comer!
- Sirva como plato principal, agregando 1 lata de garbanzos (enjuagados y escurridos) o cubos de pollo o pescado magro cocidos.

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