

## Raw Beet and Apple Slaw

Yields 5 servings (½ cup each)

### Ingredients

- 1 small cucumber, grated (1 cup)
- 1 large apple (do not peel), grated (1 cup)
- 3-4 beets, grated (1 cup)
- ½ cup beet greens, finely chopped
- 2 tablespoons vinegar
- ½ teaspoon ginger
- ¼ teaspoon ground black pepper
- 1 tablespoon olive oil

### Instructions

1. Grate cucumber, apple, and beets into a medium sized bowl.
2. Stir in beet greens.
3. Add vinegar, ginger, pepper, and olive oil into the bowl, mix well.
4. Serve immediately or keep refrigerated until served.

### Helpful Information

- Don't throw away the beet leaves and stems! Beet greens can be steamed, sautéed, or added raw to salads.
- Experiment with your recipe – grate in carrots, turnips and other market fresh vegetables.

**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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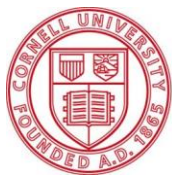
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| <b>Nutrition Facts</b>   |                              |
|--|------------------------------|
| Serving Size ½ cup   |                              |
| Servings Per Recipe 5 servings   |                              |
| Amount Per Serving   |                              |
| <b>Calories 80</b>   | Calories from Fat 15         |
| % Daily Value*   |                              |
| <b>Total Fat 1.5g</b>  | <b>2%</b>                    |
| Saturated Fat 0g   | <b>0%</b>                    |
| Trans Fat 0g   |                              |
| <b>Cholesterol 0mg</b>   | <b>0%</b>                    |
| <b>Sodium 60mg</b>   | <b>3%</b>                    |
| <b>Total Carbohydrate 15g</b>  | <b>5%</b>                    |
| Dietary Fiber 4g   | <b>16%</b>                   |
| Sugars 10g   |                              |
| <b>Protein 2g</b>  |                              |
| Vitamin A 8%   | • Vitamin C 15%              |
| 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.  |                              |





## “Slaw” de Remolacha Cruda y Manzana

Rinde 5 raciones (½ taza cada una)

### Ingredientes

- 1 pepino pequeño, rallado (1 taza)
- 1 manzana grande (con la cáscara), rallada (1 taza)
- 3-4 remolachas (betabeles), ralladas (1 taza)
- ½ taza de hojas de remolacha, picadas
- 2 cucharadas de vinagre
- ½ cucharadita de jengibre
- ¼ cucharadita de pimienta negra
- 1 cucharada de aceite de oliva
- 1 pizca de chile en polvo o salsa picante (opcional)

### Instrucciones

1. Ralle el pepino, la manzana, y la remolacha en un tazón mediano.
2. Mezcle las hojas verdes de la remolacha.
3. Agregue vinagre, el jengibre, la pimienta y el aceite de oliva al tazón. Mezcle bien.
4. Sirva inmediatamente o mantenga refrigerado hasta que lo sirva

### Información Útil

- No tire las hojas y los tallos! Las hojas de remolacha se pueden cocinar a vapor, saltar, o añadir crudas en ensaladas.
- Experimente con la receta—ralle en esta receta zanahorias, nabos, u otros vegetales de la marqueta.

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| <b>Sodium</b> 60mg   | <b>3%</b>                 |
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| Dietary Fiber 4g   | <b>16%</b>                |
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