

Cornell University
Cooperative Extension
New York City



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 2015

To find farmers' market recipes, please go to: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

To find recipe videos, please visit our YouTube channel at: **Farmers Market Recipes CCE NYC**

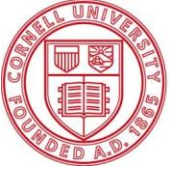
Nutrition Facts	
Servings Per Recipe	3 servings
Servings Size	1 cup
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 34mg	2%
Iron 1mg	6%
Potassium 245mg	6%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Label analysis based on ingredients listed.</small>	

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

This material was funded in part by USDA's Expanded Food and Nutrition Education Program.

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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, las 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, el vinagre, el orégano, y la pimienta negra.
3. Mezcle todos los ingredientes y el aderezo en un tazón. Sírvala fría.

Información Útil

- Trate de agregar diferentes verduras como lechuga, col rizada, y espinaca.
- Agregue ½ taza de sus frutas preferidas para darle un toque más dulce a su ensalada.
- ¡Utilice un cepillo para verduras para lavar bien las remolachas! Mantenga la cáscara para obtener más nutrientes y fibra.

Source: CUCE-NYC FMNP Recipe Collection 2015

Por favor vea recetas de los mercados en nuestro sitio web: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

Por favor vea videos de recetas en nuestro canal de YouTube: **Farmers Market Recipes CCE NYC**

Nutrition Facts	
servings per container	
Serving size	(63g)
<hr/>	
Amount per serving	
Calories	60
<hr/>	
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 4g	1%
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Includes 0g Added Sugars	0%
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