



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 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	6 servings
Serving size	1 cup
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 13g	5%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 1mg	6%
Potassium 257mg	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 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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