



Cornell University
Cooperative Extension
New York City



Tossed Salad Vegetable Parade

Yields 5 servings (1 cup each)

Ingredients

2 cups red and green leaf lettuce
 ½ cup spinach
 ¼ cup kale, finely chopped
 1 beet, grated
 1 carrot, grated
 2-3 radishes, grated
 ½ green bell pepper, chopped
 1 ear raw corn kernels
 1 small cucumber, chopped
 1 small summer squash, chopped

For dressing

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

Instructions

1. Wash and cut vegetables as desired. Measure and toss into salad bowl.
2. To make the dressing—mix oil, vinegar, oregano and black pepper together.
3. Pour dressing over the salad. Mix together and serve cold.

Helpful Information

- To serve as a main dish, add 1 can of garbanzo beans or chick peas (rinsed and drained) or cubes of lean poultry or fish.
- Add 1 cup of your favorite fruit (chopped) for a hint of sweetness. Try adding apples, pears, peaches, or grapes.

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	5 servings
Serving size	1 cup
Amount per serving	
Calories	100
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 18g	7%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 43mg	4%
Iron 1mg	6%
Potassium 191mg	4%

*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.

Label analysis based on ingredients listed.

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 Mixta Desfile de Vegetales

Rinde 5 raciones (1 taza cada una)

Ingredientes

2 tazas de lechuga de hoja roja y verde
 ½ taza de espinaca
 ¼ de taza de col rizada, tiras delgadas
 1 remolacha cruda, rallada
 1 zanahorias, rallada
 2-3 rábanos, rallados
 ½ pimiento verde, picado
 1 maíz desgranado
 1 pepino pequeño, cortado
 1 calabaza de verano pequeña, cortada

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 y corte todos los vegetales como desee. Mídalos y échelos en un tazón.
2. Para preparar el aderezo - mezcle juntos el vinagre, el aceite, el orégano, y la pimienta negra.
3. Rocíe el aderezo sobre la ensalada. Mézclela y sírvala fría.

Información Útil

- Para servir como plato principal, agregue 1 lata de garbanzos (enjuagados y escurridos) o cubos de pollo sin grasa o pescado magro.
- Agregue 1 taza de su fruta favorita (picada) para un toque de dulzura. Trate de añadir manzanas, peras, duraznos o uvas.

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