



Cornell University
 Cooperative Extension
 New York City



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 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	½ cup
Amount per serving	
Calories	60
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 10g	4%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 0mg	0%
Potassium 201mg	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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“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 con 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.

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/>

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Nutrition Facts	
servings per container	
Serving size	(106g)
Amount per serving	
Calories	60
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 10g	4%
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