

Cornell University Cooperative Extension New York City

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 2014

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

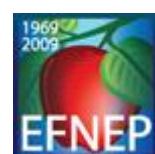


In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

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

Diversity and Inclusion are a part of Cornell University's heritage. We are a recognized employer and educator valuing AA/EEO, Protected Veterans, and Individuals with Disabilities.

Visit Cornell University Cooperative Extension NYC at <http://nyc.cce.cornell.edu>



Nutrition Facts

Serving Size 1 cup

Servings Per Recipe 6 servings

Amount Per Serving

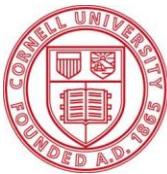
Calories	90	Calories from Fat	25
% Daily Value*			
Total Fat	3g	5%	
Saturated Fat	0g	0%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	20mg	1%	
Total Carbohydrate	15g	5%	
Dietary Fiber	3g	12%	
Sugars	7g		
Protein	2g		
Vitamin A	70%	• Vitamin C	70%
Calcium	4%	• Iron	6%

*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.



Cornell University Cooperative Extension New York City

Ensalada de Vegetales de Otoño

Rinde 6 raciones (1 taza cada una)

Ingredientes

- | | |
|--------------------------------------|---------------------------------|
| 1 lechuga entera, picada | Para el aderezo: |
| ½ taza de col rizada, picada | 1 cucharada de aceite de oliva |
| 1 zanahoria mediana, rallada | 1 cucharada de vinagre |
| 4 rábanos, rallados | 1 cucharadita de orégano seco |
| ½ pimiento rojo, picado | ¼ cucharadita de pimienta negra |
| 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.

Nutrition Facts

Serving Size 1 cup
Servings Per Recipe 6 servings

Amount Per Serving	% Daily Value*
Calories 90	Calories from Fat 25
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 2g	
Vitamin A 70% • Vitamin C 70%	
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.

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.

Source: CUCE-NYC FMNP Recipe Collection 2014

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



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

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

Diversity and Inclusion are a part of Cornell University's heritage. We are a recognized employer and educator valuing AA/EEO, Protected Veterans, and Individuals with Disabilities.

