

# Salads - Slaws



**Ensaladas**

**Slaws**

# How many different vegetables can you put into your salad?

- \* **Don't throw away vegetables and fruits by the end of the week. Instead put them in a salad (or stir-fry) every night.**
- \* **Use a grater to grate hard to chew vegetables like raw beets and carrots. They will release more flavor into your salad.**
- \* **Cut vegetables and fruits into thin small slices so they are easy to chew. Seniors love an easy to chew salad.**
- \* **See how many market vegetables you can put into your salad. A variety of different vegetables, fruits and herbs adds color to your meals. More colors mean more nutrients in every bite.**
- \* **Make a slaw! Slaw is a type of salad where all the ingredients are grated or chopped very fine. Use your grater and experiment! Slaw different vegetables and fruits together and add dressing.**
- \* **Add variety to your slaws and salads. Add fruits, nuts, beans, meats, and fish. There really is no limit to what you can do.**