



**Cornell University**  
 Cooperative Extension  
 New York City



## Swiss Chard and Beet Green Salad

Yields 3 servings (1 cup each)

### Ingredients

- 1 ½ cups Swiss chard, chopped
- 1 cup beet greens, chopped
- ½ cup beets, grated

### For dressing

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

### Instructions

1. Wash the Swiss chard, beet greens, and beets well.
2. Chop the Swiss chard and beet greens. Grate the beets.
3. To make the dressing—mix oil, vinegar, oregano and black pepper together.
4. Combine all ingredients in a bowl. Mix together and serve cold.

### Helpful Information

- Try adding different greens – kale, lettuce, spinach.
- For an extra hint of sweetness try adding ½ cup of your favorite fruit.
- Use a vegetable brush to give the beets a good scrub down! Keep the skin on for more fiber and nutrients.

**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**

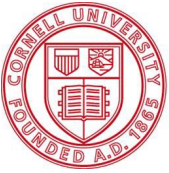
<b>Nutrition Facts</b>	
<b>Servings Per Recipe</b>	<b>3 servings</b>
<b>Serving size</b>	<b>1 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>60</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 34mg	2%
Iron 1mg	6%
Potassium 245mg	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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## 瑞士甜菜和红菜头沙拉

产量 3 份（每份 1 杯）

### 食材

- 1½ 杯瑞士甜菜，切碎
- 1 杯红菜头，切碎
- ½ 杯红菜头，磨碎的

### 调味汁

- 1 汤匙橄榄油
- 1 汤匙醋
- 1 茶匙干牛至
- ¼ 茶匙黑胡椒，如果需要

### 指示

1. 将瑞士甜菜、红菜头和红菜头叶子洗净
2. 将瑞士甜菜和红菜头叶子切碎。把红菜头磨碎。
3. 制作调料——混合油、醋、牛至和黑胡椒在一起。
4. 将所有材料混合在一个碗中。混合在一起，冷食。

### 有用的信息

- 尝试添加不同的蔬菜——羽衣甘蓝、生菜、菠菜。
- 要获得额外的甜味，请尝试加入 ½ 杯您最喜欢的水果。
- 用蔬菜刷把甜菜好好擦洗！保持皮肤状态以获得更多纤维和营养。

资料来源：CUCE-NYC FMNP 食谱集 2015

要查找农贸市场食谱，请访问：<http://nyc.cce.cornell.edu/farmers-market-recipes/>

要查找食谱视频，请访问我们的 YouTube 频道：Farmers Market Recipes CCE NYC

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