

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 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 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	6 servings
Serving size	1 cup
Amount per serving	
Calories	80
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 13g	5%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 1mg	6%
Potassium 257mg	6%

*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.

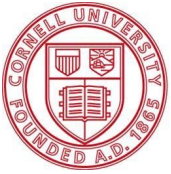
Label analysis based on ingredients listed.

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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秋季蔬菜沙拉

可供6人食用（每份1杯）

食材

1颗生菜，切碎
 ½ 杯羽衣甘蓝，切碎
 1个中等大小的胡萝卜，刨成丝
 4个小红萝卜，刨成丝
 ½ 个红甜椒，切碎
 1 个玉米棒，取出粒
 ½ 个小黄瓜，切碎
 ½ 杯西兰花，切碎
 1 个苹果，切碎
 1个桃子，切碎
 1汤匙香菜，切碎

制作调味汁：

1汤匙橄榄油
 1汤匙苹果醋
 1茶匙干牛至
 ¼ 茶匙黑胡椒

烹饪步骤

1. 将所有蔬菜放入一个大碗中，拌匀。
2. 制作调味汁，将油、醋、牛至和黑胡椒混合在一起。
3. 将调味汁倒在蔬菜上。拌匀后冷藏食用。

小窍门

- 秋季是尝试沙拉食谱的时候。尝试新品种的苹果和红萝卜 - 红萝卜叶子也可以食用！
- 如果作为主菜食用，可以加入1罐鹰嘴豆或鸡豆（沥干和冲洗）或煮熟的瘦禽肉块或鱼肉块。

来源: CUCE-NYC FMNP Recipe Collection 2015

要查找农民市场的食谱，请访问：<http://nyc.cce.cornell.edu/farmers-market-recipes/>

要查看食谱视频，请访问我们的YouTube频道：**Farmers Market Recipes CCE NYC**

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