Tossed Salad Vegetable Parade
Yields 5 servings (1 cup each)

Ingredients

2 cups red and green leaf lettuce

½ cup spinach

¼ cup kale, finely chopped

1 beet, grated

1 carrot, grated

2-3 radishes, grated

½ green bell pepper, chopped

1 ear raw corn kernels

1 small cucumber, chopped

1 small summer squash, chopped

For dressing

1 tablespoon olive oil

1 tablespoon vinegar

1 teaspoon dried oregano

¼ teaspoon black pepper,
    if desired

Instructions

1. Wash and cut vegetables as desired. Measure and toss into salad bowl.

2. To make the dressing—mix oil, vinegar, oregano and black pepper together.

3. Pour dressing over the salad. Mix together and serve cold.

Helpful Information

- To serve as a main dish, add 1 can of garbanzo beans or chick peas (rinsed and drained) or cubes of lean poultry or fish.

- Add 1 cup of your favorite fruit (chopped) for a hint of sweetness. Try adding apples, pears, peaches, or grapes.

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	1 cup

Amount per serving

Calories 100

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 18g	7%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 43mg	4%
Iron 1mg	6%
Potassium 191mg	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.
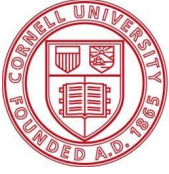
Label analysis based on ingredients listed.

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大拌菜（蔬菜沙拉）
可供 5人份（每份1杯）

食材

2杯红绿叶生菜
½杯菠菜
¼杯切碎的羽衣甘蓝
1个甜菜根，**刨丝**
1个胡萝卜，**刨丝**
2-3个小红萝卜，**刨丝**
½个青椒，切碎
1根生玉米，切下粒状
1根黄瓜（小），切碎
1个小西葫芦，切碎

酱汁配料

1汤匙橄榄油
1汤匙醋
1茶匙干牛至
1/4茶匙黑胡椒(可选)

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做法步骤

1. 根据需要清洗和切割蔬菜。将蔬菜量取适量，放入沙拉碗中。

2. 制作酱汁——将油、醋、牛至和黑胡椒混合在一起。

3. 将酱汁倒在沙拉上，搅拌均匀后冷藏后即可享用。

小窍门

● 若要作为主菜食用，可以加入1罐油煮鹰嘴豆或鸡豆（沥干水分）或切块的瘦家禽或鱼肉。

● 加入1杯你喜爱的水果（切碎）以增添甜味。可以尝试加入苹果、梨、桃子或葡萄。

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/
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