

Raw Beet and Apple Slaw

Yields 5 servings (½ cup each)

Ingredients

- 1 small cucumber, grated (1 cup)
- 1 large apple (do not peel), grated (1 cup)
- 3-4 beets, grated (1 cup)
- ½ cup beet greens, finely chopped
- 2 tablespoons vinegar
- ½ teaspoon ginger
- ¼ teaspoon ground black pepper
- 1 tablespoon olive oil

Instructions

1. Grate cucumber, apple, and beets into a medium sized bowl.
2. Stir in beet greens.
3. Add vinegar, ginger, pepper, and olive oil into the bowl, mix well.
4. Serve immediately or keep refrigerated until served.

Helpful Information

- Don't throw away the beet leaves and stems! Beet greens can be steamed, sautéed, or added raw to salads.
- Experiment with your recipe – grate in carrots, turnips, and other market fresh vegetables.

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

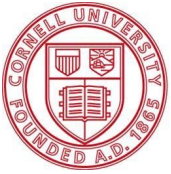
Servings Per Recipe	5 servings
Serving size	½ cup
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 10g	4%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 0mg	0%
Potassium 201mg	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.	

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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Cornell University
Cooperative Extension
New York City



生甜菜和苹果卷心菜沙拉

可供5人份（每份½杯）

食材

- 1 个小黄瓜，刨丝（1杯）
- 1 个大苹果（不削皮），刨丝（1杯）
- 3-4 个甜菜根，刨丝（1杯）
- ½ 杯甜菜叶，切碎
- 2 汤匙醋
- ½ 茶匙生姜
- ¼ 茶匙黑胡椒粉
- 1 汤匙橄榄油

做法步骤

1. 将黄瓜、苹果和甜菜根刨成丝，放入中号碗中。
2. 加入甜菜叶搅拌均匀。
3. 将醋、生姜、黑胡椒粉和橄榄油加入碗中，搅拌均匀。
4. 立即食用或冷藏保存，待食用时再取出。

小窍门

- 不要把甜菜叶和茎扔掉！甜菜叶可以蒸、炒或生吃放入沙拉中。
- 尝试用你的食谱进行实验——加入胡萝卜、茼蒿和其他市场新鲜蔬菜。

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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