



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 2014



Recipe analyzed using *The Food Processor® Nutrition Analysis Software* from ESHA Research, Salem, Oregon.

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Nutrition Facts	
Serving Size 1 cup	
Servings Per Recipe 5 servings	
Amount Per Serving	
Calories 60	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 1g	
Vitamin A 50%	• Vitamin C 30%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
Larger analysis based on ingredients listed.	





Ensalada Mixta Desfile de Vegetales

Rinde 5 raciones (1 taza cada una)

Ingredientes

2 tazas de lechuga de hoja roja y verde
½ taza de espinaca
¼ de taza de col rizada, tiras delgadas
1 remolacha cruda, rallada
1 zanahorias, rallada
2-3 rábanos, rallados
½ pimiento verde, picado
1 maíz desgranado
1 pepino pequeño, cortado
1 calabaza de verano pequeña, cortada

Para el aderezo

1 cucharada de aceite de oliva
1 cucharada de vinagre
1 cucharadita de orégano seco
¼ de cucharadita de pimienta negra, a gusto

Instrucciones

1. Lave y corte todos los vegetales como desee. Mídalos y échelos en un tazón.
2. Para preparar el aderezo - mezcle juntos el vinagre, el aceite, el orégano, y la pimienta negra.
3. Rocíe el aderezo sobre la ensalada. Mézclela y sírvala fría.

Información Útil

- Para servir como plato principal, agregue 1 lata de garbanzos (enjuagados y escurridos) o cubos de pollo sin grasa o pescado magro.
- Agregue 1 taza de su fruta favorita (picada) para un toque de dulzura. Trate de añadir manzanas, peras, duraznos o uvas.

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% Daily Value*

Total Fat 3g 5%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 35mg 1%

Total Carbohydrate 7g 2%

Dietary Fiber 2g 8%

Sugars 3g

Protein 1g

Vitamin A 50% • Vitamin C 30%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Label analysis based on ingredients listed.

