Plant Part Salad

Ingredients:

- 6 cups leaves such as lettuce, spinach, chard
- 1 cup roots such as beets, carrots, radishes
- 2 cups flowers such as broccoli, cauliflower
- 1 cup stems such as celery, broccoli stems, chard stems
- 2 cups fruit such as apple, tomato, cucumber
- ¼ cup seeds such as sunflower seeds, peas, beans

Dressing:

- 2 tablespoons fruit juice or vinegar such as lemon, orange or apple cider vinegar
- 2 tablespoons oil
- 1 clove garlic, minced

Servings: 12
Serving size: 1 cup

Nutrition information (per serving):

- Calories: 60
- Total Fat: 4g
  (Saturated Fat: 0.5g)
- Cholesterol: 0mg
- Dietary Fiber: 2g
- Sodium: 20mg

Directions:

1. Wash all fruits and vegetables.
2. Tear leaves into small pieces. Place in large bowl.
3. Cut or grate roots, stems, flowers and fruit into bite-sized pieces. Add to bowl.
4. Add seeds to bowl.
5. Make dressing by combining oil, juice or vinegar, and garlic in a small container with a secure lid. Shake until well mixed.
6. Pour dressing over salad and toss lightly.
7. Refrigerate leftovers within 2 hours.

Visit FoodHero.org for more healthy recipes

Source: Oregon State University Extension Service.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.

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