

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

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.



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

Visit [FoodHero.org](https://www.foodhero.org) for more healthy recipes