

Plant Part Salad

This tasty recipe is colorful and packed with veggies. Kids will enjoy eating it after they get to help choose the ingredients.

Makes: 10 servings
Prep Time: 15 minutes
Cook Time: 0 minutes

Source: <http://foodhero.org/recipes/plant-part-salad>

Ingredients

Salad:

- 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 seed kernels, peas, beans

Dressing:

- 2 to 4 Tablespoons fruit juice or vinegar, such as lemon juice, orange juice or apple cider vinegar
- 2 to 4 Tablespoons vegetable oil
- 1 clove of garlic, minced or ¼ teaspoon garlic powder
- ¼ teaspoon oregano or basil (optional)
- 1 teaspoon prepared mustard (optional)
- ¼ teaspoon each salt and black pepper (optional)

Directions

1. Wash hands with soap and water.
2. Rinse tender fruits and vegetables under running water. Scrub firm vegetables with a clean vegetable brush under running water. Lay on towels and pat dry.
3. Tear leaves into small pieces and place in a large bowl.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 1/4 Cup

Nutrients	Amount
Calories:	60
Total Fat:	3 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	20 mg
Total Carbohydrates:	8 g
Dietary Fiber:	2 g
Total Sugars:	4 g
Added Sugars:	0 g
Protein	1 g

Utensils Needed

- Measuring cups and spoons
- Sharp knife
- Cutting board
- Large bowl
- Small bowl or jar with tight-fitting lid



Directions Continued

4. Cut or grate roots, flowers, stems and fruit into bite-sized pieces and add to the bowl. Sprinkle seeds over the top.
5. In a small bowl or jar with a tight-fitting lid, mix or shake together dressing ingredients.
6. Pour dressing over the salad and toss lightly.
7. Refrigerate leftovers within 2 hours.

SHOPPING LIST

Average total cost without oil and seasonings: \$10.01

Average cost/serving: \$1.00

Recipe makes: 10 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 1 to Cart
Lettuce, 1 large head



Add 1 to Cart
Carrots, 1 bunch



Add 1 to Cart
Broccoli, 1 crown



Add 1 to Cart
Tomato, 1 large



Add 1 to Cart
Sunflower seeds



Add 2 to Cart
Fresh lemon

SAVE TIME, SAVE MONEY

Cooking Tip

- If using frozen vegetables, cook according to package directions or to 165 degrees F.

My Cooking Notes

