

Vegetable & Arugula Salad with Yogurt Vinaigrette

This colorful, crisp salad combines fresh root vegetables, apple, and peppery arugula with a creamy yogurt vinaigrette. It's light, flavorful, and full of seasonal crunch!

Makes: 4 Servings
Prep Time: 15 minutes
Cook Time: 0 minutes

Source: University of Maryland Extension

Ingredients

For the Salad:

- 1 bulb fennel
- 2 carrots
- 1 small rutabaga
- 1 shallot
- 1 tart apple, cored
- 3 cups baby arugula
- 1 avocado, thinly sliced
- Fresh basil, mint, and/or dill leaves, torn into small pieces
- Coarse salt or regular salt, to taste
- Ground black pepper, to taste

For the Vinaigrette:

- ¼ cup extra-virgin olive oil
- Juice and zest of 1 lemon
- ½ garlic clove
- 2 Tbsp apple cider vinegar
- ¼ cup plain yogurt
- ½ tsp Dijon or brown mustard

Directions

1. Make the vinaigrette: Add all vinaigrette ingredients to a jar. Seal and shake well until combined. Taste and adjust seasoning with salt and pepper if desired.
2. Prepare the salad: Using a sharp knife, thinly slice fennel, carrots, rutabaga, shallot, and apple.
3. Add sliced vegetables to large bowl along with arugula, avocado, and fresh herbs. Drizzle with dressing and toss to coat evenly.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/4 of recipe

Nutrients	Amount
Calories:	180
Total Fat:	13g
Saturated Fat:	2g
Cholesterol:	0mg
Sodium:	130mg
Total Carbohydrates:	14g
Dietary Fiber:	4g
Total Sugars:	7g
Added Sugars:	0g
Protein	3g

Utensils Needed

- Sharp knife
- Cutting board
- Large bowl
- Fork or whisk
- Salad tongs
- Measuring spoons
- Measuring cups
- Small jar with lid or bowl



SHOPPING LIST

Average total cost without oil and seasonings: \$17.32

Average cost/serving: \$4.33

Makes: 4 Servings

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

Ingredients



Add 1 to Cart
Fennel



Add 1 to Cart
Apple



Add 1 to Cart
Carrots



Add 2 to Cart
Arugula



Add 1 to Cart
Rutabaga



Add 1 to Cart
Avocado



Add 1 to Cart
Shallot



Add 1 to Cart
Plain nonfat yogurt

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- Substitute Greek yogurt for a thicker, tangier dressing.
- Avocado not quite ripe? Place unripe avocados in a brown paper bag with an apple or banana for two to three days until ripe.



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