



## 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  
1/4 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](http://FoodHero.org) for easy, tasty recipes.

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 Safe Net at 211. USDA is an equal opportunity provider and employer.

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