



A Nutrition Resource

HARVEST VEGETABLE SALAD

Yield: 8 Servings | Serving Size: 1 cup

Cost/Serving: \$1.15

Ingredients:

3 cups fresh or frozen (thawed) cauliflower florets
2 cup fresh or frozen (thawed) broccoli florets
1 1/2 cups cooked red kidney beans or 1 (15-ounce) can red kidney beans, drained and rinsed
2 medium carrots, sliced diagonally
1/2 - 1 cup sliced large, pitted olives
2 green onions, sliced

Dressing

1/4 cup red wine vinegar
1 1/2 Tablespoons olive oil or vegetable oil
1 Tablespoon chopped fresh parsley or cilantro (optional)
1 clove garlic, minced
1 teaspoon sugar
1/2 teaspoon dried basil (optional)
Salt to taste (optional)

Directions:

- 1) Wash all vegetables. Trim or peel as needed. Cut into bite-sized pieces.
- 2) In large bowl, combine all salad ingredients.
- 3) In a small jar with a tight-fitting lid, combine all dressing ingredients and shake well.
- 4) Pour dressing over vegetables and stir to coat.
- 5) Cover; refrigerate 1 to 4 hours to marinate, tossing occasionally. Add salt to taste (no more than 1/4 teaspoon), if desired.

Nutrition Facts

8 servings per container
Serving size 1 cup (135g)

Amount per serving

Calories 110

% Daily Value*

Total Fat 4g 5%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 100mg 4%

Total Carbohydrate 14g 5%

Dietary Fiber 4g 14%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0%

Calcium 35mg 2%

Iron 1mg 6%

Potassium 392mg 8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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