

Harvest of the Month



MAY 2018



SALAD GREENS

Visit the produce section of your grocery store.

- How many different types of lettuce did you find?
- What did the lettuce look like? Was it dark or light green? Curly or flat? Jagged or round edges?
- What is your favorite vegetable? What is your favorite fruit?

Spinach Black Bean Salad

Ingredients:

- 2 tablespoons vinegar
- 1 tablespoon vegetable oil
- 1 tablespoon Dijon mustard
- 1 teaspoon garlic powder
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/8 teaspoon ground nutmeg (optional)
- 2 cups spinach (washed)
- 1 1/2 cups canned black beans, low-sodium
- 2 tomatoes (chopped)
- 1 small red onion (chopped)



Directions:

1. In a large bowl, combine vinegar, oil, mustard, garlic, oregano, basil and nutmeg.
2. Wash, drain and chop spinach.
3. Add spinach, black beans, tomatoes and onions to vinegar and oil.
4. Toss well and serve. Makes: 3 servings

Notes:

- Top your salad with other vegetables (mushrooms, peppers, cucumbers, zucchini, yellow squash, red onions etc.)
 - Add cooked chicken, egg or tuna for more protein!
 - Add cubes of cheddar, Swiss or smoked Gouda cheese.
 - Fruit makes a great addition- try dried cranberries, cherries, raisins or apricots or fresh berries in season.
- Recipe: <https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/spinach-black-bean-salad>

Nutrition Facts

3 servings per container	
Serving size	1 cup
Amount Per Serving	
Calories	160
<small>% Daily Value*</small>	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 21g	8%
Dietary Fiber 8g	29%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 73mg	6%
Iron 3mg	15%
Potassium 0mg	0%
<small>*The % Daily Value (DV) 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.</small>	

NORTH COUNTRY REGION **EAT SMART NY**

FOR RECIPES & TIPS VISIT: northcountryeatSMARTny.org

Like us on Facebook



EAT SALAD GREENS

Nutrition Facts

Serving Size: 1 cup green leaf lettuce, shredded (36g)
 Calories 5 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	2%
Sugars 0g	
Protein 0g	
Vitamin A 53%	Calcium 1%
Vitamin C 11%	Iron 2%

Test Your Salad Smarts

(answers below)

- The darker the lettuce, the more _____ it is.
 A) heavy B) nutritious C) full of water D) young
- Many salad greens are high in _____.
 A) sugar B) sodium C) vitamin A D) all three
- Which state grows the most kinds of salad green varieties for the United States?
 A) California B) Arizona C) Texas D) Maryland

Answers: 1. B; 2. C; 3. A

Mixed Salad Word Jumble

A variety of colorful fruits and vegetables have been tossed into this jumble. To unscramble their names, pick the word pieces – one from each column (starting with A, then B, then C). (answers below)

A	B	C	ANSWERS
PQ	UM	NI	POTATO
ZUC	A	RINE	_____
TAN	TA	COT	_____
A	TI	LI	_____
CAN	CO	MA	_____
AR	PRI	TQ	_____
JIC	GE	BER	_____
CUC	TA	CHOKE	_____
BROC	CHI	LOUPE	_____

Answers: potato, zucchini, tangarine, apricot, cantaloupe, artichoke, jicama, cucumber, broccoli

Reasons to Eat Salad Greens:

Eating one cup of salad greens will give you lots of vitamin K. Vitamin K works with calcium to help build strong bones in your body. It also helps stop cuts and scrapes from bleeding too much. Eating salad greens is also a good way to get vitamin A and folate.

Vitamin K Champions*:

Asparagus, avocado, broccoli, celery, cooked greens, peas, salad greens.

*Vitamin K Champions are a good or excellent source of vitamin K (provide at least 10% Daily Value).

How Much Do I Need?

One cup of salad greens is about the size of two cupped handfuls. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. Adding colorful fruits and vegetables to your plate at every meal will help you meet your daily goals. Choose from all of the color groups – red, yellow/orange, green, blue/purple, and white/tan/brown.

Recommended Daily Amount of Fruits and Vegetables**

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	2½ - 5 cups per day	3½ - 5 cups per day

**If you are active, eat the higher number of cups per day.

Visit <http://www.choosemyplate.gov/vegetables> to learn more.



Cornell Cooperative Extension

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). An equal opportunity provider and employer.