

Harvest of the Month



SALAD GREENS

Leafy Green Salad with Apple Dressing

Recipe Source: jsyfruitveggies.org

Ingredients:

- 2 apples
- 12 cups sliced leafy greens (kale, mustard greens, spinach)
- 2 tablespoons apple cider vinegar
- 1 teaspoon lemon juice
- 2 tablespoons vegetable oil
- Black pepper to taste

Directions

1. Chop 1 apple and add to a large bowl. Add greens.
2. To make dressing: Shred 1 apple on the smallest holes of a box grater into a small bowl. Add vinegar, lemon juice, and oil
3. Add dressing to greens, mix well with hands. Add pepper to taste.
4. Serve and enjoy!
5. Refrigerate leftovers.

Nutrition Facts

Serving Size (116g)		Servings Per Container	
Amount Per Serving			
Calories 80	Calories from Fat 35		
% Daily Value*			
Total Fat 4g	6%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 30mg	1%		
Total Carbohydrate 11g	4%		
Dietary Fiber 3g	12%		
Sugars 7g			
Protein 2g			
Vitamin A 90%	Vitamin C 50%		
Calcium 6%	Iron 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4



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*Must qualify for SNAP Benefits

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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
P Q	UM	NI	POTATO
ZUC	A	RINE	_____
TAN	T A	COT	_____
A	TI	LI	_____
CAN	CO	MA	_____
AR	PRI	T Q	_____
JIC	GE	BER	_____
CUC	TA	CHOC	_____
BROC	CHI	LOUPE	_____

Answers: potato, zucchini, 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 <https://www.choosemyplate.gov/vegetables> to learn more.



Cornell Cooperative Extension

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