RECIPE

Harvest Vegetable Salad

Chili powder and lime juice provide a zesty dressing to this salad, which is full of root vegetables.

Prep and Cook time: 30 minutes
Makes: 4 servings

Source: What's Cooking at USDA

Small Changes, BIG Difference!

Ingredients

- 2 cups romaine lettuce
- 1 cup cilantro
- 1 cup parsnips (peeled)
- 1 cup carrot (peeled)
- 1 cup turnip (peeled)

Dressing:

- 1/4 cup lime juice
- 1/2 teaspoon lime zest
- 1 teaspoon sugar
- 1/4 teaspoon chili powder
- 1 tablespoon olive oil

Directions

1. Combine romaine lettuce and cilantro, and divide onto four plates.
2. Place parsnips, carrots, and turnips Into 1 quart of boiling water. Return water to simmer, cook vegetables for 2 minutes. Strain Into a colander.
3. Mix Ingredients for the dressing right before use.
4. Place hot vegetables on top of greens and top with homemade dressing.

Nutrition Information

Serving Size: 1/4 of the recipe (145 g)

Nutrients	Amount
Calories:	124 g
Total Fat:	6 g
Saturated Fat:	1 g
Cholesterol:	2 mg
Sodium:	220 mg
Total Carbohydrates:	16 g
Dietary Fiber:	3 g
Total Sugars:	7 g
Added Sugars	1 g
Protein:	2 g

Utensils Needed

- Cutting board
- Sharp knife
- Vegetable peeler
- Measuring cups & spoons
- Medium pot
- Colander
- Small mixing bowl
- 4 salad plates

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