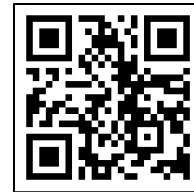




Cornell University  
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New York City



## Raw Beet and Apple Slaw

Yields 5 servings ( $\frac{1}{2}$  cup each)

### Ingredients

1 small cucumber, grated (1 cup)  
1 large apple (do not peel), grated (1 cup)  
3-4 beets, grated (1 cup)  
 $\frac{1}{2}$  cup beet greens, finely chopped  
2 tablespoons vinegar  
 $\frac{1}{2}$  teaspoon ginger  
 $\frac{1}{4}$  teaspoon ground black pepper  
1 tablespoon olive oil

### Instructions

1. Grate cucumber, apple, and beets into a medium sized bowl.
2. Stir in beet greens.
3. Add vinegar, ginger, pepper, and olive oil into the bowl, mix well.
4. Serve immediately or keep refrigerated until served.

### Helpful Information

- Don't throw away the beet leaves and stems! Beet greens can be steamed, sautéed, or added raw to salads.
- Experiment with your recipe – grate in carrots, turnips and other market fresh vegetables.

### Source: CUCE-NYC FMNP Recipe Collection 2015

To find farmers' market recipes, please go to: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

To find recipe videos, please visit our YouTube channel at: **Farmers Market Recipes CCE NYC**

### Nutrition Facts

Servings Per Recipe	5 servings
Serving size	$\frac{1}{2}$ cup
Calories	60
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 10g	4%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 0mg	0%
Potassium 201mg	4%

\*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.

Label analysis based on ingredients listed.

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

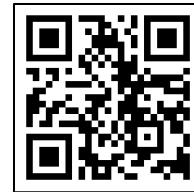
This material was funded in part by USDA's Expanded Food and Nutrition Education Program.

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## “Slaw” de Remolacha Cruda y Manzana

Rinde 5 raciones ( $\frac{1}{2}$  taza cada una)

### Ingredientes

1 pepino pequeño, rallado (1 taza)  
1 manzana grande (con la cáscara), rallada (1 taza)  
3-4 remolachas (betabeles), ralladas (1 taza)  
 $\frac{1}{2}$  taza de hojas de remolacha, picadas  
2 cucharadas de vinagre  
 $\frac{1}{2}$  cucharadita de jengibre  
 $\frac{1}{4}$  cucharadita de pimienta negra  
1 cucharada de aceite de oliva  
1 pizca de chile en polvo o salsa picante (opcional)

### Instrucciones

1. Ralle el pepino, la manzana, y la remolacha en un tazón mediano.
2. Mezcle con las hojas verdes de la remolacha.
3. Agregue vinagre, el jengibre, la pimienta y el aceite de oliva al tazón. Mezcle bien.
4. Sirva inmediatamente o mantenga refrigerado hasta que lo sirva.

### Información Útil

- ¡No tire las hojas y los tallos! Las hojas de remolacha se pueden cocinar a vapor, saltear, o añadir crudas en ensaladas.
- Experimente con la receta—ralle en esta receta zanahorias, nabos, u otros vegetales de la marqueta.

**Source:** CUCE-NYC FMNP Recipe Collection 2015

Por favor vea recetas de los mercados en nuestro sitio web: <http://nyc.cce.cornell.edu/farmers-market-recipes/>  
Por favor vea videos de recetas en nuestro canal de YouTube: **Farmers Market Recipes CCE NYC**

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### Nutrition Facts

servings per container	
Serving size	(106g)
Amount per serving	
<b>Calories</b>	<b>60</b>
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 10g	4%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
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Potassium 201mg	4%

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Label analysis based on ingredients listed.

