



Minty Carrot Cucumber Salad

Yields 7 servings (½ cup each)

Ingredients

2 cup carrots, grated
1½ cups cucumber, grated

Dressing

1½ tablespoons olive oil
2 tablespoons apple cider vinegar
1½ tablespoons honey
1 tablespoon dry ginger
2 tablespoons mint, diced small
black pepper to taste

Instructions

1. Do not peel carrots or cucumbers. Rinse and scrub them with a vegetable brush.
2. Shred carrots and cucumbers using a grater.
3. In a large bowl, mix all ingredients together well.
4. In a separate bowl, mix the dressing together.
5. Pour the dressing over the salad. Chill and serve.

Helpful Information

- Try adding ½ cup diced peaches for a sweet addition.
- Fruits and vegetables are great sources of vitamins, minerals, and fiber, so make your plate ½ vegetables and fruits every day!
- A refreshingly cool salad for a hot summer day!

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**

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.

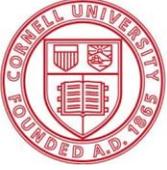
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Nutrition Facts	
Servings per recipe	7 servings
Serving size	½ cup
Amount per serving	
Calories	60
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 3g Added Sugars	6%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 0mg	0%
Potassium 151mg	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.





Ensalada de Menta, Zanahoria y Pepino

Rinde 7 porciones (½ taza cada una)

Ingredientes

2 tazas de zanahoria, rallada
1½ taza de pepino, rallado

Aderezo

1½ cucharadas de aceite de oliva
2 cucharadas de vinagre de cidra
1½ cucharadas de miel
1 cucharada de gengibre en polvo
2 cucharadas de menta, picada
Pimienta negra a gusto

Instructions

1. No pele ni las zanahorias ni los pepinos. Enjuáguelos y lávelos con un cepillo para vegetales.
2. Ralle las zanahorias y los pepinos usando un rallador.
3. En un tazón grande, mezcle bien todos los ingredientes.
4. En un tazón separado, mezcle el aderezo.
5. Vierta el aderezo sobre la ensalada. Enfríe y sirva.

Información Útil

- Trate de agregar ½ taza de duraznos cortados para agregar un sabor dulce.
- ¡Las frutas y los vegetales son una gran fuente de vitaminas, minerales, y fibra, por eso haga que la mitad de su plato tenga vegetales y frutas cada día!
- ¡Una ensalada refrescantemente fría para un día caliente de verano!

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/>

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