

## Ingredients:

- 6 cups **leaves** such as lettuce, spinach, chard
- 1 cup **roots** such as beets, carrots, radishes
- 2 cups **flowers** such as broccoli, cauliflower
- 1 cup **stems** such as celery, broccoli stems, chard stems
- 2 cups **fruit** such as apple, tomato, cucumber
- ¼ cup **seeds** such as sunflower seed kernels, peas, beans

## Dressing:

- 2 Tablespoons **fruit juice** or vinegar (try lemon juice, orange juice or apple cider vinegar)
- 2 Tablespoons **vegetable oil**
- 1 clove **garlic**, minced or ¼ teaspoon garlic powder
- ¼ teaspoon **oregano** or **basil** (optional)
- 1 teaspoon **prepared mustard** (optional)
- ¼ teaspoon each **salt** and **pepper** (optional)

## Directions:

1. Wash hands with soap and water.
2. Rinse tender fruits and vegetables under running water. Scrub firm vegetables with a clean vegetable brush under running water. Lay on towels and pat dry.
3. Tear leaves into small pieces. Place in large bowl.
4. Cut or grate roots, stems, flowers and fruit into bite-sized pieces. Add to bowl. Sprinkle seeds over the top.
5. In a small bowl or jar with a tight-fitting lid, mix or shake together dressing ingredients.
6. Pour dressing over salad and toss lightly.
7. Refrigerate leftovers within 2 hours.



**Servings: 12**  
**Serving size: 1 cup**

### Nutrition information (per serving):

Calories: 60  
Total Fat: 3g  
(Saturated Fat: 0g)  
Cholesterol: 0mg  
Dietary Fiber: 2g  
Sodium: 20mg

Visit [FoodHero.org](https://www.foodhero.org) for easy, tasty recipes.



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