



## Fall Vegetable Salad

### Cooking Matters

Serves 8, 1 cup per serving

Take advantage of fall produce with this filling salad!

### Ingredients

1 cup barley, whole grain couscous, or quinoa  
 1 medium bulb fennel  
 1 bunch hearty greens, such as kale, chard, collard greens or beet greens  
 1 small beet  
 1 medium firm apple  
 1 clove garlic  
 1/2 cup nuts or seeds, such as pecans, almonds, or walnuts  
 1 medium lemon  
 1/4 cup cider vinegar  
 1 Tablespoon Dijon mustard  
 1/4 cup canola oil  
 1/4 teaspoon salt  
 1/4 teaspoon ground black pepper  
 Optional Ingredients: 2 ounces cheese, such as blue, goat, or Cheddar cheese

### Materials

Sharp knife  
 Cutting board  
 Fork  
 Peeler  
 Large saucepan with lid  
 Measuring spoons  
 Measuring cups  
 Large mixing bowl  
 Small bowl  
 Small skillet

### Directions

1. Cook grains following package directions. Transfer to a large bowl. Prepare rest of salad while you let grains cool completely.
2. Rinse fennel, greens, beet and apple.
3. Cut any long stalks and fronds off fennel. Quarter fennel and cut out core. Slice thinly.
4. Remove stems from greens. Stack leaves together, roll into a thick log, and slice thinly.
5. Peel and cut beet into 1/4-inch cubes. Cut apple into 1/4 inch cubes.
6. Peel and mince garlic.
7. If using, crumble cheese or cut into 1/4-inch cubes
8. In a small skillet over medium-low heat, add nuts or seeds. Cook until fragrant, 3-5 minutes. Transfer to a small bowl to cool.
9. Rinse and cut lemon in half. In a small bowl, squeeze juice. Discard any seeds.

## Nutrition Facts

Serving Size 1 cup (134g)

Servings Per Container 8

Amount Per Serving

**Calories 180**      **Calories from Fat 90**

% Daily Value\*

**Total Fat 10g**      **15%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 140mg**      **6%**

**Total Carbohydrate 20g**      **7%**

Dietary Fiber 4g      **16%**

Sugars 4g

**Protein 3g**

**Vitamin A 15%**      • **Vitamin C 20%**

**Calcium 4%**      • **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		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4

### Notes

Vary the vegetables according to what you have on hand and what's in season. Carrots, cabbage, pears, celery and dried fruit work nicely. Add leftover cooked chicken, roast beef, or beans for added protein. Serve as a 4-person entree. Use any apples you like, such as Granny Smith, Pink Lady, or Fuji. If your fennel comes with the feathery fronds still on it, you can finely chop and add some to salad to give it an extra punch of flavor. Refrigerate any leftovers in an airtight container for up to 3 days.

### View Online

<http://capitalregionesny.org/recipes/fall-vegetable-salad>

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