

## Shopping List: 3 Refreshing Salads

### Fresh Produce

- 5 carrots (1½ cups grated)
- 1 large jicama (2 cups grated)
- 2 oranges
- 1 bunch of parsley
- 1 bunch of cilantro
- 2 large limes
- 1 small zucchini
- 1 jalapeño (*optional*)
- 1 lemon (or apple cider vinegar)
- 3 apples
- 1 bunch of celery

### Dry Goods

- 1 jar low-fat mayonnaise
- 1 (15-oz) can beans (black or kidney or garbanzo)
- 1 (11-oz) can corn with red and green peppers
- 1 jar mustard
- ¼ cup nuts

### Pantry Staples

*Add items to list if you don't already have them*

- Salt
- Ground Chile Powder (*optional*)
- Olive oil

## **Carrot, Jicama, and Orange Salad**

*This carrot and orange salad is packed with beta-carotene, vitamin A and C. It's crunchy and sweet and is great paired with grilled chicken.*

Makes 6 servings. 1 cup per serving.

Ready in 10 minutes.

### **Ingredients**

1½ cups carrots (about 5 carrots), peeled and grated  
2 cups jicama (about 1 large jicama), peeled and grated  
2 oranges (no seeds), peeled and chopped  
2 Tablespoons fresh parsley, chopped  
2 Tablespoons fresh lime juice  
2 Tablespoons low-fat mayonnaise  
1/8 teaspoon salt, adjust to taste  
1/8 teaspoon ground chile powder (*optional*)

### **Directions**

1. In a large bowl, mix carrots, jicama, oranges, and parsley.
2. In a small container, mix lime juice, mayonnaise, salt, and chile powder.
3. Stir lime mixture into the other ingredients and mix well.
4. Adjust salt and chile powder.
5. Serve.

Nutrition information per serving: Calories 60, Total Fat 1g, Carbohydrate 13g, Dietary Fiber 4g, Sodium 105mg

*Recipe Source: City and County of San Francisco Department of Public Health Nutrition Services and Mission Latino Family Partnership (MLFP)*

### **Three Sisters Salad**

The "three sisters" are corn, beans, and squash (like zucchini). Native Americans planted them together in the garden because they help each other grow. The "three sisters" also work together to give your body a nutritious meal.

Makes 4 servings. 1 cup per serving.

Ready in 15 minutes.

#### **Ingredients**

- 1 (15-oz) can low-sodium or no salt added beans, such as black, kidney, or garbanzo beans
- 1 (11-oz) can corn with red and green peppers, drained (or 1 cup fresh or frozen corn, thawed)
- 1 small zucchini, chopped
- 1 Tablespoon chopped cilantro
- 2 Tablespoons lime juice (about ½ a lime)
- 1 jalapeño, seeds removed and finely chopped (*optional*)

#### **Directions**

1. Carefully open can of beans. Drain beans and pour into a medium bowl.
2. Add corn, zucchini, cilantro, lime juice, and jalapeño (*optional*). Stir to combine.
3. Serve right away or refrigerate for later.

Nutrition information per serving: Calories 220, Total Fat 1g, Saturated Fat 0g, Carbohydrate 43g, Dietary Fiber 13g, Protein 11g, Sodium 331mg

*Recipe Source: Nutrition Education and Obesity Prevention Branch (NEOPB)*

## **Apple Celery Slaw with Nuts**

*We made this once for a group event, but did not have any mustard. We used curry powder instead, and it was delicious!*

Makes 6 servings. 1 cup per serving.  
Ready in 20 minutes.

### **Ingredients**

2 Tablespoons fresh lemon juice, or 1 Tablespoon apple cider vinegar  
¼ teaspoon mustard  
2 Tablespoons olive oil  
3 apples, diced with skin on  
2 large celery ribs, cut into ¼-inch thick pieces  
2 cups shredded raw cabbage  
¼ cup nuts, chopped  
Chopped parsley (*optional*)

### **Directions**

1. With a fork, whisk the juice or vinegar with the mustard in a large bowl.
2. Add oil in a stream, whisking until blended.
3. Add apples, celery, and cabbage and toss.
4. Just before serving, sprinkle with nuts and parsley.

Nutrition information per serving: Calories 137, Total Fat 8g, Saturated Fat 1g, Carbohydrate 16g, Dietary Fiber 9g, Protein 3g, Sodium 115mg

*Recipe Source: Leah's Pantry*