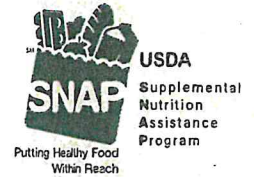




GARDEN PATCH SALAD



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

Nutrition facts per serving:

110 calories; 3.5g total fat; 0.5g saturated fat; 0g trans fat; 0mg cholesterol; 135mg sodium; 20g carbohydrate; 6g fiber; 9g sugar; 0g added sugar; 5g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 20% Daily Value of potassium.

Source: Beth Maxedon, Shelby County SNAP-Ed Assistant

- 1 pound (about 2) thinly sliced zucchini
- 1 pound (about 2) thinly sliced yellow squash
- 1 pound (about 2) peeled and thinly sliced cucumbers
- 2 thinly sliced bell peppers
- Cherry tomatoes, halved
- 1 thinly sliced white onion
- 2 tablespoons parsley flakes
- 2 tablespoons garlic powder
- 1 tablespoon apple cider vinegar
- 1 tablespoon olive oil
- 1/4 teaspoon salt
- 1 teaspoon black pepper

1. In a large serving bowl, toss together all ingredients.
2. Let stand 10 minutes before serving.

Makes 5 servings

Serving size: 2 cups

Cost per recipe: \$9.02

Cost per serving: \$1.80

