

"USE A SPOON" CHOPPED SALAD



WAC Fun Food Fact

Notice the many vibrant colors in this beautiful seasonal salad! That is a sign that there are a wide variety of different “phytonutrients” (nutrients from plants). These natural substances are instrumental in keeping us healthy by preventing chronic illness and even helping to keep colds and flu at bay.

Ingredients

- ¼ cup white-wine vinegar
- ¼ cup extra-virgin olive oil
- 1 teaspoon honey
- ½ teaspoon sea salt
- ¼ teaspoon freshly ground pepper
- 3 medium stalks celery, diced (¼-inch)
- 2 medium carrots, diced (¼-inch)
- 1 large red bell pepper, diced (¼-inch)
- 1 medium apple, peeled and diced (¼-inch)
- ½ large cucumber, peeled, seeded and diced (¼-inch)
- 1 cup sliced Treviso or radicchio
- 1 cup sliced arugula, any tough stems removed
- 1 cup thinly sliced napa, Savoy or other soft cabbage
- 1 cup crumbled goat cheese
- ½ cup toasted slivered almonds

8 servings

NUTRITION INFORMATION

Serving size: generous 1 cup

Per serving: 200 calories; 16 g fat(5 g sat); 3 g fiber; 9 g carbohydrates; 7 g protein; 36 mcg folate; 15 mg cholesterol; 6 g sugars; 1 g added sugars; 3,673 IU vitamin A; 32 mg vitamin C; 169 mg calcium; 1 mg iron; 158 mg sodium; 275 mg potassium

Preparation

- Whisk vinegar, oil, honey, salt and pepper in a large salad bowl until well combined.
- Add celery, carrots and bell pepper to the vinaigrette. Let marinate for at least 10 minutes and up to 1 hour.
- Add apple, cucumber, Treviso (or radicchio), arugula and cabbage to the bowl; toss to coat. Add goat cheese and almonds and toss to combine.

Recipe of the Month | **NOV**



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