

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
- 1/4 cup **seeds** such as sunflower seeds, peas, beans

Dressing:

- 2 Tablespoons **fruit juice or vinegar** such as lemon, orange or apple cider vinegar
- 2 Tablespoons **oil**
- 1 clove **garlic**, minced

Directions:

1. Wash all fruits and vegetables.
2. Tear leaves into small pieces. Place in large bowl.
3. Cut or grate roots, stems, flowers and fruit into bite-sized pieces. Add to bowl.
4. Add seeds to bowl.
5. Make dressing by combining oil, juice or vinegar, and garlic in a small container with a secure lid. Shake until well mixed.
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: 4g

(Saturated Fat: 0.5g)

Cholesterol: 0mg

Dietary Fiber: 2g

Sodium: 20mg

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



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