



BEET SALAD

PREP TIME: 15 minutes

SERVING SIZE: 1/3 cup

SERVES: 8

INGREDIENTS

- 1 cup jicama, grated
- 1 cup carrots, grated
- 1 cup beets, grated
- 2 tablespoon lime juice, freshly squeezed
- 2 tablespoon orange juice, freshly squeezed
- 1 tablespoon olive oil
- ¼ teaspoon salt



PREPARATION

1. In a large bowl, combine jicama, carrots and beets.
2. In a glass jar, combine orange juice, lime juice, oil, and salt; shake well.
3. Toss dressing into salad.

SOURCE

Elena's pantry

Recipe modified by CHOICES Nutrition Education Program

Nutrition Facts

8 servings per container
Serving size 1/3 cup (57g)

Amount per serving

Calories 40

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 95mg 4%

Total Carbohydrate 5g 2%

Dietary Fiber 2g 7%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0mg 0%

Potassium 136mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This institution is an equal opportunity provider. Rev 9/22
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ENSALADA DE REMOLACHA

TIEMPO DE PREPARACIÓN: 15 minutos

TAMAÑO DE PORCIÓN: 1/3 taza

PORCIONES: 8

INGREDIENTES

- 1 taza de jícama, rallada
- 1 taza de zanahorias, ralladas
- 1 taza de remolacha, rallada
- 2 cucharadas de jugo de limón, recién exprimido
- 2 cucharadas de jugo de naranja, recién exprimido
- 1 cucharada de aceite de oliva
- ¼ de cucharadita de sal



PREPARACIÓN

1. En un tazón grande, combine jícama, zanahorias y remolachas.
2. En una jarra de vidrio, combine el jugo de naranja, jugo de limón, aceite y sal; agitar bien.
3. Mezcle el aderezo en ensalada.

FUENTE

Elena's pantry

Receta modificada por CHOICES Programa Educativo de Nutrición

Nutrition Facts

8 servings per container
Serving size 1/3 cup (57g)

Amount per serving
Calories **40**
% Daily Value*

Total Fat	2g	3%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	95mg	4%
Total Carbohydrate	5g	2%
Dietary Fiber	2g	7%
Total Sugars	2g	
Includes 0g Added Sugars		0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	10mg	0%
Iron	0mg	0%
Potassium	136mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Esta institución ofrece igualdad de oportunidades.Rev9/22

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