

Plant part salad



Recipe credit

University of Minnesota Department of Family, Health and Wellbeing

About this recipe

Serves

4

Serving size

1 cup

Ingredients

- 2 cups leaves, such as lettuce, spinach, or cabbage
- 1/3 cup roots, such as beets, carrots, or radishes
- 2/3 cup flowers, such as broccoli or cauliflower

- 1/3 cup stems, such as celery, broccoli stems, or cabbage stems
- 2/3 cup fruit, such as tomato, cucumber, apples, berries
- 1 tablespoon seeds, such as sunflower seed kernels, peas, or beans
- Salad dressing, your choice

Directions

1. Pick one or more leaves (lettuce, spinach, cabbage, etc.)
2. Pick one or more roots (beets, carrots, radishes, etc.).
3. Pick one or more flowers (broccoli or cauliflower)
4. Pick one or more stems (celery, broccoli stems, cabbage stems, etc.)
5. Pick one or more fruit (tomato, cucumber, pepper, berries, etc.)
6. Pick one or more seeds (sunflower seeds, peas, beans, etc.)
7. Add a salad dressing of your choice.

Recipe video

Nutritional info

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