



FRUIT AND VEGGIE SALAD

A summer salad par excellence that is easy to prepare and combines sour and sweet at the same time. The secret of the sauce lies in olive oil, lemon juice, and lime juice.

INGREDIENTS

Cucumber

Onion

Tomatoes

Corn

Tangerine/Clementine Fruit

Tangerine Dressing

(Lemon juice

*Tangerine/Clementine juice,
Olive Oil, Salt, Dry Basil, Black
pepper)*

METHOD

Place all fruits and vegetables in a large mixing bowl. A few minutes before serving, shake or whisk the dressing to mix and add to fruits and vegetables, toss well to coat vegetables and transfer to serving dish.

Now let us discuss some nutritional facts about ingredients

Cucumbers are a good source of potassium, magnesium and fiber. These nutrients are known to lower blood pressure, and reduce the risk of heart disease.

Tomatoes are high in vitamin C, which supports immune health and assists with fighting colds and flu.

Onions provide important vitamins and minerals including Vitamin C and Potassium, which is important for muscle contractions and proper nerve function.

A tangerine has 32% percent of a child's daily requirement of vitamin C. They are Low in fat. They can be used to create delicious desserts and salads.

Tangerine juice is a fresh, naturally sweet, and satisfying pick-me-up with nutrients to fuel growing bodies.

Lemon juice relieves a sore throat, may prevent and help fight cancer, prevents kidney stones and aids in digestion, and helps regulate blood sugar.

Olive oil is rich in antioxidants and good fat.

Great Job,,,,, You Are All Set for a Healthy and Nourishing Salad with your Family