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Healthy Recipes

Makes 4 servings.
1½ cups per serving.

Prep time: 15 minutes

**Nutrition
information
per serving:**

Calories: 48
Carbohydrate: 9 g
Dietary Fiber: 3 g
Protein: 2 g
Total Fat: 1 g
Saturated Fat: 0 g
Trans Fat: 0 g
Cholesterol: 0 mg
Sodium: 20 mg

Cactus Salad

INGREDIENTS

- 4 cups shredded green cabbage
- 2 fresh cactus leaves (about 1 cup), cleaned and finely chopped
- 4 thin slices white onion
- 4 radishes, thinly sliced
- 1 large tomato, chopped
- 1 Serrano chili, seeds removed and finely chopped
- 2 tablespoons cider vinegar
- 1 teaspoon oil
- 1 teaspoon sugar



PREPARATION

1. Mix cabbage, cactus, onion, radishes, tomato, and serrano chili in a medium bowl. Place salad on 4 separate plates.
2. Stir together vinegar, oil, and sugar; drizzle over salad.

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Healthy Recipes

Makes 6 servings.
1 cup per serving.

Prep time: 10 minutes

**Nutrition
information
per serving:**

Calories: 96
Carbohydrate: 16 g
Dietary Fiber: 5 g
Protein: 4 g
Total Fat: 3 g
Saturated Fat: 0 g
Trans Fat: 0 g
Cholesterol: 0 mg
Sodium: 224 mg

California Marinated Salad

INGREDIENTS

- 3 nectarines, chopped
- ½ pound fresh mushrooms, quartered
- 1 cup cherry tomatoes, halved
- ½ cup ripe olives, pitted (optional)
- ⅓ cup chopped green onions
- 1 (8-ounce) can artichoke hearts
- 2 teaspoons vegetable oil
- ¼ cup lemon juice
- ¼ teaspoon sugar
- 1 teaspoon tarragon, crumbled
- ½ teaspoon thyme



PREPARATION

1. In a large bowl, combine nectarines, mushrooms, cherry tomatoes, olives, and green onions.
2. Drain and save liquid from artichokes.
3. Add artichokes to salad.
4. Combine reserved liquid with remaining ingredients in a jar. Shake well and pour over salad.
5. Serve immediately or chill in the refrigerator for 2 hours for the best flavor.

Recipe courtesy of the California Tree Fruit Agreement.

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