

Harvest Vegetable Salad

Chili powder and lime juice provide a zesty dressing to this salad, which is full of root vegetables.

Makes: 4 servings

Ingredients

Salad

- 2 cups arugula
- 1 cup cilantro leaves
- 1 parsnip, peeled and cut into 1 inch pieces
- 1 carrot, peeled and cut into 1 inch pieces
- 1 turnip, peeled and chopped
- ¼ cup walnuts, chopped (optional)
- ¼ cup blue cheese, crumbled (optional)



Dressing

- ¼ cup lime juice
- ½ teaspoon lime, zested
- 1 teaspoon sugar
- ¼ teaspoon chili powder
- 1 tablespoon olive oil

Directions

1. Combine arugula and cilantro in a bowl and divide onto four plates.

2. Place parsnips, carrots, and turnips into 1 quart of boiling water. Return water to a simmer, cook vegetables for 2 minutes. Drain vegetables into a colander.
3. Mix the ingredients for dressing in a small bowl.
4. Place hot vegetables on top of greens and top with homemade dressing. Top with walnuts and blue cheese if desired.

Recipe from: *5 A Day: Eat 5 to 9 Fruits and Vegetables*, U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, adapted by the USDA Food and Nutrition Administration.

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