

# Suitland Dine & Learn

## May 2018: Healthy Cooking without the Pressure

### ABC Salad

Courtesy of Jessica Yamamoto, M.S.

#### Ingredients

2 apples  
2 beets  
2 carrots

**For the dressing:**

½ cup olive oil  
¼ cup balsamic vinegar  
1 clove garlic, minced  
½ teaspoon salt  
½ teaspoon brown sugar, to taste

**Cost per serving: \$1.11**

#### Directions

1. Grate the apples, beets and carrots (ABC) with a large-hole grater and mix them all together in a large bowl.
2. In a separate bowl, mix all remaining ingredients to create the dressing.
3. Pour the dressing over the ABC mixture so it lightly coats the salad. Save any remaining dressing in your refrigerator for future salads.

<b>Nutrition Information</b>	<i>Amount Per Serving</i>	
Number of Servings: 6	<b>Total Fat:</b> 17 g	<b>Total Carbs:</b> 16.1 g
Serving Size: about ¾ cup	<b>Cholesterol:</b> 0 mg	<b>Dietary Fiber:</b> 3 g
<b>Calories:</b> 209	<b>Sodium:</b> 235 mg	<b>Protein:</b> 1 g

#### The Scoop on Sodium:

Did you know the average American consumes 3,400 mg of sodium per day? That is more than double the amount recommended by the American Heart Association. To reduce the risks of high blood pressure, we should aim to keep our intake to under 2,000 mg per day. Start by reading your food labels and making smarter purchases, especially by avoiding packaged, processed food.



Also, test your end-product before adding salt!