

## Ingredients:

1/2 head butter lettuce, or any type lettuce  
1 large carrot, grated  
2 medium-sized raw beets, grated  
6 radishes, sliced  
vinegar to taste

## Directions:

1. Wash hands with soap and warm water. Wash fresh vegetables before preparing.
2. Arrange lettuce leaves on individual plates or a platter.
3. Arrange carrots, beets, and radishes on top of lettuce.
4. Sprinkle vinegar over each salad.



## Nutrition Facts (Per Serving)

calories, 24; carbohydrate, 5 g; protein, 1 g; total fat, 0 g; saturated fat, 0 g; trans fat, 0 g; cholesterol, 0 mg; fiber, 1 g; total sugars, 3 g; sodium, 33 mg; calcium, 16 mg; folate, 43 mcg; iron, 0 mg; percent calories from fat, 0%.

Makes 6 servings.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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