

Harvest Recipe

Arugula Salad on Tomato Plates



Ingredients:	Approx. Cost:
2 large beefsteak tomatoes, each cut into 6 slices	\$2.00 or from the garden
2 green onions, sliced	\$.45 or from the garden
½ cucumber, peeled and diced	\$.50 or from the garden
8 cups arugula	\$3.00 or from the garden
1/3 cup flat leaf parsley, chopped	\$.30 or from the garden
2 tablespoons cilantro, chopped	\$.10 or from the garden
1/3 cup olive oil, ¼ cup of red wine vinegar or juice of 2 lemons	\$1.00
¼ cup dry roasted sunflower seeds	\$.15
½ queso fresco cheese, crumbled	\$.40
Total:	\$7.90 or \$1.55 if using produce from the garden

of servings: 6 Cost per serving: \$1.32 or \$.26 if using produce from the garden

Directions: On each of six plates place two tomato slices. In a large bowl, combine the green onions, cucumber, arugula, parsley and cilantro. Toss lightly. For the dressing, mix together the olive oil and red wine vinegar in a small bowl or cup. Drizzle a little of the dressing over the tomato slices and season with salt and pepper, then drizzle the dressing over the greens and season with salt and pepper to taste. Toss to mix, then pile greens on top of the tomato slices. Sprinkle tops with cheese and sunflower seeds. Serve.

Nutritional Information per serving:

Calories: 179	Vitamins/Minerals
Fat: 16g	Vitamin A: 11%
Saturated fat: 3 g % of daily total: 13%	Vitamin C: 15%
Carbohydrates: 5g	Calcium: 11%
Fiber: 1.5 g	Iron: 6%
Protein: 4g	Good Source of*:
	Vitamins A, C and E, Calcium, Selenium, Copper, Manganese and Zinc
	*10% or more of the RDA

based on 2000 calorie diet

