



Niagara County Office for the Aging  
111 Main Street, Suite 101  
Lockport, NY 14094  
*Eat Well...Stay Well Dining Program*  
439-4030

*Recipe provided by Niagara County Office for the Aging,  
Eat Well...Stay Well Dining Program*

### **Vegetable Medley Salad**

1 zucchini squash, chopped with skin on  
1 yellow summer squash, chopped with skin on  
3 small scallions, chopped fine  
1 Red sweet pepper, seeded and chopped fine  
2 stalks celery, chopped fine  
2 fresh carrots, washed well and chopped, sliced or grated  
1 cucumber, peeled and chopped  
¼ cup fresh parsley  
1 cup light Italian Dressing

Other spices you can use: oregano, basil, garlic, salt, pepper or hot peppers if you like

Optional vegetables: chopped cabbage, tomatoes

Other options: chopped olives (black or green), garbanzo beans or black beans, or feta cheese or other cheese cut into small cubes

Suggestion: Serve on a bed of dark mesculin mixed lettuce or arugula