



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