

Recipes
from the

VEGGIE MOBILE®

Produce Aisle On Wheels

Apple Date & Carrot Salad

Ingredients:

- 3 dates
- 2 apples
- 10 baby carrots

Directions:

1. Wash carrots and dice into thin strips
2. Peel apples and dice into small pieces
3. Being careful of the pit, cut the date into small pieces
4. Toss the apple, date and carrot together and serve as a yummy dish!



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Who knew?

The word “date” comes from the Greek word daktylos, meaning finger

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