

# Vitamin A

Vitamin A is needed for:

- Skin & cell repair
- Immune system strength
- Eye/vision health

## Plant form of Vitamin A: **Carotenoids**

There are many types of carotenoids. Carotenoids are converted to *active* Vitamin A in the body.

Dark green lettuce is a good source of:  
**Beta Carotene & Lutein**

Tomatoes are a good source of:  
**Lycopene**

## Apple Cider Vinegar

Apple cider vinegar adds great flavor!

However, despite popular fad diet trends, regular over-consumption:

- Is **not** scientifically proven to help weight loss or diabetes
- May **damage** teeth and stomach due to high acidity
- May **lower** potassium levels
- Will **not** replace the benefits of healthy diet and lifestyle habits

# Progressive Food Demo

June 8	Salad
June 15	Appetizer
July 6	Soup
July 27	Main Entrée
August 17	Dessert

Catch all five courses this summer!  
Demos start at 11:00am.

## On The Move Nutrition, LLC

At OTMN, Jessica provides one-on-one nutrition counseling and group nutrition programs in active settings to make learning nutrition fun and supportive.

## Contact

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**On The Move**  
N u t r i t i o n



Registered Dietitian Jessica M. Jurcak  
&  
Chef Andrew Kisner  
present:

## The Old Brooklyn Farmers' Market Progressive Food Demo

A 5-course meal demonstrated  
in 5 segments

**Simple Spring  
Salad**  
*with*  
**Apple Butter  
Basil Vinaigrette**

*Salad Course*

# Ingredients

## Salad

- 6 cups chopped lettuce
- 3-4 large tomatoes or 20 grape tomatoes
- 1 cup chopped scallions

## Vinaigrette

- ¾ cup apple butter
- 4 Tbsp apple cider vinegar
- 4 large basil leaves

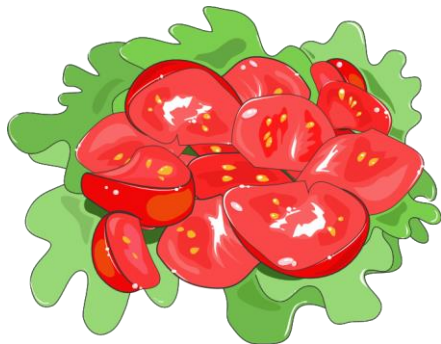
# Recipe Prep Info

Prep Time: 10 minutes

Cook Time: 0 minutes

Total Time: 10 minutes

Serves: 4



# Instructions

## Salad

1. Wash all vegetables.
2. Dice the tomatoes (or cut the grape tomatoes in half, if desired.)
3. Chop the lettuce and scallions.
4. Add to a large bowl and toss to combine.



## Vinaigrette

5. Finely chop the basil leaves.
6. In a small bowl, whisk together the apple butter, apple cider vinegar, and basil leaves.
7. Drizzle over the salad and mix.
8. Portion into 4 plates or bowls.
9. Serve immediately. Enjoy!

# Nutrition

Nutrition Facts			
Serving Size			
Servings Per Container 4			
Amount Per Serving			
<b>Calories</b> 115			
		<b>% Daily Value*</b>	
<b>Total Fat</b>	0g		<b>0%</b>
Saturated Fat	0g		<b>0%</b>
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Potassium</b>	270mg		<b>8%</b>
<b>Sodium</b>	20mg		<b>1%</b>
<b>Total Carbohydrate</b>	30g		<b>10%</b>
Dietary Fiber	3g		<b>12%</b>
Sugars	18g		
<b>Protein</b>	2g		<b>4%</b>
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

## Additions & Substitutions

- For more Vitamin A add more red & orange vegetables!
- For more protein add:
  - Nuts
  - Cheese
  - Fish
- For more fiber add:
  - More vegetables
  - Quinoa
  - Whole, chopped fruit