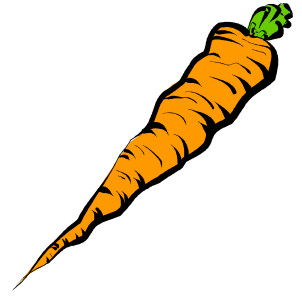


Plant Parts Salad

We eat all sorts of "plant parts" from roots and stems to flowers and seeds!

- 2 carrots, sliced into disks (root)
- 4 medium potatoes, (modified stem)
- 1 small red onion, sliced and separated into rings (modified stem)
- 1 8-oz. Can artichoke hearts, drained and halved (flower)
- ¼ cup snipped parsley (leaf)
- 1 small green pepper, sliced into thin rings (fruit)
- 1 cup cherry tomatoes (fruit)
- Vinaigrette dressing, about 1/3 cup



In a covered saucepan cook potatoes in boiling salted water for 25 to 30 minutes or until tender; drain well and cool. Peel and cube potatoes. In a large bowl combine cubed potatoes with remaining ingredients and toss. Chill several hours or overnight, stirring gently once or twice.

Can be served on a blade of leaf lettuce. Serves 8.