



Carrot Beet Slaw

Serves 12 generously.

ROOTS

1 pound shredded carrots
1 pound beets, peeled &
shredded

DRESSING

2 cloves garlic,
pressed or finely minced
1 Tablespoon oil
(use any - vegetable, olive, sesame)
1 Tablespoon vinegar
(use any – cider, balsamic, rice, wine..)
1 teaspoon Dijon mustard
Tabasco sauce or pepper
flakes, to taste
Salt & Freshly ground
black pepper, to taste

Optional Add-ins

Fresh Lemon Juice
Orange Juice
(or frozen OJ concentrate)
Fresh Orange – finely chopped
Apple Juice
Shredded Apple
non-fat, plain yogurt
Sesame seeds
Sunflower seeds
Minced onion, shallot,
green onion (etc.!)
Grated fresh ginger
Celery seed
Fresh parsley or cilantro
Lettuce or Spinach leaves



HINT: Peeling and shredding/grating beets: Consider wearing gloves & apron! **Beet juice stains...**
Place shredded carrots and beets in a large bowl.
In a small bowl, combine dressing ingredients; mix well. Pour dressing over veggies.
Taste; adjust seasonings; add any Optional Add-ins; Stir; Chill
– Serve on fresh leaves, if desired.