

Beet Slaw

Serves 8 (I often cut the recipe in half) : 20 minutes

Ingredients:

Slaw Base:

- 2 large beets, peeled & grated
- 2 honeycrisp apples, grated
- ½ a head of cabbage (green or red), thinly sliced/shredded
- zest & juice of 1 lemon
- optional: fresh cilantro for garnish

Dressing:

- 3 tbsp apple cider vinegar
- 2 tsp brown sugar
- 1 tbsp dijon mustard
- ¼ cup extra virgin olive oil
- 1 tsp sea salt
- cracked black pepper, to taste

Instructions:

- Make the dressing by mixing the vinegar, sugar, mustard, oil, salt & pepper in a jar with a lid.
- Shake to combine & set aside.
- In a salad bowl toss the grated beets, grated apples & shredded cabbage to combine.
- Pour dressing over the salad mixture & toss to combine.
- Top with the lemon zest, lemon juice, & chopped cilantro.

recipe notes:

- The first time I made this, I served it with steak & baked macaroni & cheese. It was absolutely perfect!

what you learn from this recipe:

- I am always forgetting the many ways to enjoy beets. This is another recipe that proves, once again, beets are an amazing food.
- Something I learned from this recipe is how much you can change a meal with a crunchy, acidic side. It elevates the plate so much when including a side to cut the richness of other dishes.