

BEET, CARROT & KOHLRABI SLAW

INGREDIENTS FOR SLAW

- 1/2 lbs** Carrots (approx. 3) (peeled)
- 1/2 lb** Kohlrabi (1 medium-large) (peeled)
- 2** Apples (tart) (peeled) (Granny Smith **OR** Pink Lady (½ lb total) (peeled) (cored)
- 1/2 lb** Beets (approx. 3) (cut from stems) (peeled) (boiled **OR** roasted)
- 1/4 C** Parsley (fresh) (Italian) **OR** Celery leaves (torn)

DIRECTIONS FOR MAKING SLAW

- 1** Fit a food processor with the grating disk & grate the carrots & kohlrabi
- 2** Transfer the carrot/kohlrabi mix to a salad bowl
- 3** Add the apple to the processor & grate it & then add it to the salad bowl
- 4** Peel the beets, grate them & add to the bowl
- 5** You can prepare the salad up to this point early in the day, cover & refrigerate it
- 6** If you do that, store the beets separately from the other ingredients & cover the grated apples with the carrots & kohlrabi to keep them from turning brown



INGREDIENTS FOR DRESSING

- 1/4 C** Oil (mild) (Safflower **OR** Grapeseed)
- 1 t** Sesame oil (raw **OR** toasted)
- 1/4 C** Lemon juice (fresh) (from about 1 lemon)
- 2 t** Honey **OR** Agave (warmed)
- 1 t** Kosher **OR** sea salt &
- 3 grinds** Black pepper (freshly ground)

DIRECTIONS FOR DRESSING

- 1** In a small bowl, whisk together all the dressing ingredients
- 2** Pour over the salad & toss to coat
- 3** Add the parsley leaves to the salad & toss again

NOTES

- 1** Serves 8
- 2** Buy juicy looking carrots, beets & kohlrabi
- 3** See page 2 for directions on how to boil **OR** roast beets
- 4** This salad can stay fresh at room temperature for up to 3 hours



HOW TO COOK BEETS



- 1 Place the beets in a large saucepan & add water to cover & the lemon juice or vinegar
- 2 This will help to keep the beets from bleeding
- 3 Bring to a boil, reduce heat & simmer until tender (45 minutes-1 hour)
- 4 Place pot under running cold water & let rinse until beets can be handled
- 5 The skins can now be easily peeled off The beets

HOW TO ROAST BEETS



- 1 Place beets (peeled & cut into 1/2-inch wedges) on a large piece of foil on a baking sheet
- 2 Drizzle with oil & season with salt & pepper
- 3 Fold foil around beets & crimp ends to form a packet
- 4 Roast until beets are tender when pierced with a knife (25-30 minutes)