Gingered Beet and Carrot Slaw

Ginger adds zip to this grated root vegetable salad!

Prep time: 20 minutes

Makes: 6 servings (1 1/2 cup each)

Source: Just Say Yes to Fruits and Vegetables Program

Ingredients

- · 4 cups grated beets
- · 4 cups grated carrots
- 1/2 cup chopped onion
- 1/2 cup chopped poblano pepper
- 1 tablespoon finely chopped ginger
- · 4 tablespoons lime juice
- · 2 tablespoons vegetable oil
- · 4 teaspoons mustard
- 1/4 cup chopped fresh cliantro
- · Salt and pepper to taste

Directions

- 1. In a large bowl, combine the beets, carrots, onion, poblano pepper, and ginger.
- 2. In a small bowl, combine the lime juice, oil, mustard, and cilantro. Pour onto the slaw.
- 3. Season with salt and pepper.
- 4. Serve and enjoy!
- 5. Refrigerate leftovers.

Utensils Needed

- Sharp knife
- · Cutting Board
- Grater
- · 1 small and 1 large bowl
- Measuring spoons and cups



Small Changes, BIG Difference!



Nutrition Information

Serving Size: 1 1/2 cup

3	
Nutrients	Amoun
Calories:	120 g
Total Fat:	<u>5 g</u>
Saturated Fat:	0.5 g
Cholesterol:	0 mg
Sodium:	190 mg
Total Carbohydrates:	<u>18 g</u>
Dietary Fiber:	<u>5 g</u>
Total Sugars:	<u>11 g</u>
Added Sugars:	<u>0 g</u>
Protein	<u>2 g</u>



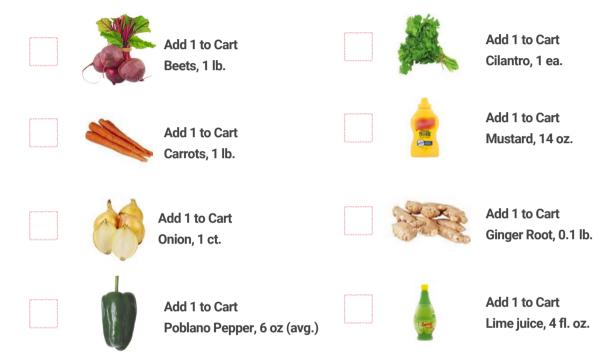
SHOPPING LIST

Average total cost without oil and seasonings: \$10.20 Average cost/serving: \$1.70

Recipe Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



SAVE TIME, SAVE MONEY

Produce Tips

- Purchase beets that are firm, smooth, and rich In color. Avoid beets that are wrinkly or bruised.
- To store the beets, cut the leaves 2 inches from the root immediately after purchase. Store leaves in a separate plastic bag for up to 2 days. The root bulbs can be stored in a plastic bag as well for up to 7-10 days!

My Cooking Notes

