

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 cilantro
- 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

Nutrients	Amount
Calories:	120 g
Total Fat:	5 g
Saturated Fat:	0.5 g
Cholesterol:	0 mg
Sodium:	190 mg
Total Carbohydrates:	18 g
Dietary Fiber:	5 g
Total Sugars:	11 g
Added Sugars:	0 g
Protein	2 g

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



Add 1 to Cart
Beets, 1 lb.



Add 1 to Cart
Cilantro, 1 ea.



Add 1 to Cart
Carrots, 1 lb.



Add 1 to Cart
Mustard, 14 oz.



Add 1 to Cart
Onion, 1 ct.



Add 1 to Cart
Ginger Root, 0.1 lb.



Add 1 to Cart
Poblano Pepper, 6 oz (avg.)



Add 1 to Cart
Lime juice, 4 fl. oz.

SAVE TIME, SAVE MONEY

My Cooking Notes

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!