RECIPE

Magenta Root Slaw

Root vegetables are super colorful and healthy. Try making this recipe with the kids! This slaw can be a delicious side dish or garnish for sandwiches.

Makes: 35 servings Prep Time: 20 minutes

Source: Massachusetts Farm to School

Ingredients

- 2 oz fresh ginger
- 2 lbs 6 oz carrots
- 2 lbs 4 oz beets
- 2 lbs 4 oz parsnips
- 3/4 cup honey
- 9 Tablespoons lemon juice
- 1 teaspoon kosher salt

Directions

- 1. Peel & chop ginger.
- 2. Pulse in food processor fitted with a steel blade until ground.
- 3. Trim & peel carrots, beets, and parsnips.
- 4. Shred in food processor fitted with shredding disk or by hand.
- 5. Whisk together honey, lemon juice, and salt in a large bowl.
- 6. Add the shredded vegetables and toss to combine.



Small Changes, BIG Difference!



Nutrition Information

Serving Size: 1/4 cup	
Nutrients	Amount
Calories:	36
Total Fat:	<u>0.1 g</u>
Saturated Fat:	0.02 g
Cholesterol:	<u>0 mg</u>
Sodium:	<u>45 mg</u>
Total Carbohydrates:	<u>8.9 g</u>
Dietary Fiber:	<u>2 g</u>
Total Sugars:	<u>2 g</u>
Added Sugars:	<u>0 g</u>
Protein	<1.g

Utensils Needed

- Vegetable Peeler
- Knife
- Cutting Board
- Food Processor/mandolin
- Measuring Utensils
- Whisk
- Large Mixing Bowl



SHOPPING LIST

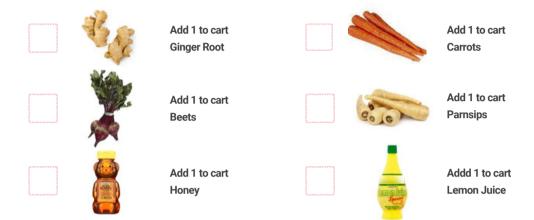
Average total cost without oil and seasonings: \$10.93

Average cost/serving: \$0.31

Recipe Makes: 35 Serivngs

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



Tips

- Use as a base for chicken tacos, BBQ pork sliders or as a side dish.
- Try using other roots vegetables such as rutabaga and radish.
- You can shred the vegetables using a serated knife.

Similar Recipes

Cut on costs by reusing these ingredients in other recipes found on snapedny.org, such as:

- Purple Vegetable Pancakes
- Orange Glazed Carrots
- Maple Glazed Turnips

