

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:	0.1 g
Saturated Fat:	0.02 g
Cholesterol:	0 mg
Sodium:	45 mg
Total Carbohydrates:	8.9 g
Dietary Fiber:	2 g
Total Sugars:	2 g
Added Sugars:	0 g
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 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
Ginger Root



Add 1 to cart
Carrots



Add 1 to cart
Beets



Add 1 to cart
Parsnips



Add 1 to cart
Honey



Add 1 to cart
Lemon Juice

SAVE TIME, SAVE MONEY

My Cooking Notes

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 serrated 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