

Gingered Beet and Carrot Slaw

Just Say Yes to Fruits and Vegetables

The deep red color of beets makes this a colorful treat.



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Serves 6 • Serving: 1½ cups

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Save your beet greens and boil or steam them for another yummy side dish.

Ingredients:

- 4 cups grated beets
- 4 cups grated carrots
- ½ cup chopped onion
- ½ cup chopped poblano pepper
- 1 tablespoon finely chopped ginger
- 4 tablespoons lime juice
- 2 tablespoons vegetable oil
- 4 teaspoons mustard
- ¼ 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.