

## Gingered Beet and Carrot Slaw

*Just Say Yes* to Fruits and Vegetables

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



[jsyfruitveggies.org](http://jsyfruitveggies.org)

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## Gingered Beet and Carrot Slaw

Serves 6 • Serving: 1½ cups



*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.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

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