

## Family Recipe

### **RAINBOW CRUNCH SALAD** (Beet and Carrot Salad with Citrus Dressing)

Serves 4-6

#### **INGREDIENTS**

##### **Dressing:**

1/4 tsp. grated fresh ginger, grated

1 Tbsp. honey or brown sugar

Juice of 1 large lemon (2-3 Tbs.)

Juice of 1/2 large orange (2-3 Tbs.)

1/4 tsp. salt or to taste

##### **Vegetables:**

3/4 pound carrots (mix of colors, if possible), grated

3/4 pound raw beets, grated

#### **DIRECTIONS**

Make dressing: Measure lemon and orange juices into a medium bowl. Add grated ginger and honey/brown sugar and whisk to combine. Add 1/4 tsp. salt, or to taste.

Make salad: Add grated carrots to the bowl and stir to combine. Add beets and mix lightly. Refrigerate until ready to serve.

*\* Adapted from Alison Forrest, Food Service Director, Huntington, VT*

