

GROWING GOOD HEALTH



Beet and Carrot Salad



Often seen in their purple variety, beets are a delicious vegetable that can come in red, pink, or even spiral colors. When roasted, beets impart a delightfully sweet taste that goes well with any dinner. Not only are they delicious, they are very nutritious and add great color to your plate. Try this recipe to get you started!

INGREDIENTS

1 Carrot, thinly sliced or coarsely grated

¼ Onion, minced

2 Tablespoons light mayonnaise

¼ salt and pepper, each

1 Tablespoon cilantro or your favorite herb, chopped (optional)

About 4-6 beets, cooked and diced

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Roast beets until fork tender and dice them. Set aside
3. In a medium bowl, combine onion, mayonnaise, salt, pepper, and herbs.
4. Add beets and carrots and stir to coat evenly.
5. Serve warm or cold.

Source: FoodHero.org

