

Red Beet and Apple Salad

Makes 8 servings

INGREDIENTS

- » 1 large red beet or 2 small red beets
- » 4 apples
- » 1 tablespoon lemon juice
- » 1 tablespoon honey
- » Salt to taste

Michigan
Fresh



TO PREPARE

1. Wash the beet and peel if desired. (If you peel the beet, it will taste less earthy.)
2. With a cheese grater, grate the beet and apples into a large bowl.
3. In a small bowl, mix the lemon juice, honey and salt to make the dressing.
4. Pour the dressing over the grated beet and apples. Mix well.

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Nutrition Information per
1/2 cup serving: 55 calories; 0 g fat;
18 mg sodium; 15 g carbohydrates;
0.5 g protein; 2.5 g fiber

SOURCE: Recipe adapted from Greater Pittsburg Community Food Bank. "Red Beet and Apple Salad." Retrieved from eatFresh.org. at eatfresh.org/recipe/side-dish/red-beet-and-apple-salad#.XGWXmKeZM5s