

Recipe – Raw Beet Slaw

Ingredients:

- one to two medium-sized beets per person, shredded raw
- sprinkling of white balsamic vinegar
- sprinkling of olive oil
- salt, if permitted
- optional: toasted walnuts and crumbled feta cheese

Directions:

Remove tough, rooty bits and scrub the beets

Shred in a food processor.

Place in a bowl and drizzle on just a bit of vinegar and oil, salt if permitted

The salad is delicious unadorned, but it holds up with additions of toasted walnuts and/or crumbled feta cheese.