



## Carrot-Beet Salad

Serves 6 // Prep time = 20 min

<p><b>Ingredients:</b></p> <ul style="list-style-type: none"><li>• 1 bunch carrots</li><li>• 3 medium beets</li><li>• 1 handful of sunflower seeds or pumpkin seeds (or your favorite chopped nuts!)</li><li>• 1 handful of raisins (optional)</li><li>• Optional : chopped scallions, parsley, spices like cumin, coriander, and cinnamon</li></ul> <p><b>Dressing:</b></p> <ul style="list-style-type: none"><li>• ½ cup olive oil</li><li>• 2 tablespoons vinegar (try apple cider or balsamic)</li><li>• 1 teaspoons dijon mustard</li><li>• 1 teaspoons honey</li></ul>	<p><b>Directions</b></p> <ol style="list-style-type: none"><li>1. Remove carrot tops and bottoms, if any</li><li>2. Shred carrots into large bowl with a cheese grater (or food processor)</li><li>3. Peel beets or remove outer skin with a small sharp knife</li><li>4. Shred beets into bowl with carrots</li><li>5. Add raisins and sunflower seeds</li><li>6. Stir ingredients in bowl to combine</li><li>7. Add all ingredients for dressing into a jar with a lid</li><li>8. Shake up the jar to make your dressing</li><li>9. Add dressing to taste to salad, stir, and enjoy (any extra dressing keeps for 2 weeks in refrigerator)</li></ol>
--	--

## Quick-Pickled Beets and Carrots

<p><b>Ingredients:</b></p> <ul style="list-style-type: none"><li>• 2-3 cups peeled and diced beets</li><li>• 4-6 carrots, peeled and cut into sticks</li><li>• 2 cups filtered water</li><li>• 2 cups apple cider vinegar</li><li>• 1 teaspoon fine salt</li><li>• 4 cloves garlic</li><li>• 2 sprigs fresh dill or rosemary, (optional)</li></ul>	<p><b>Directions</b></p> <ol style="list-style-type: none"><li>1. Add the beets to a clean quart sized jar. Add the carrots to another. Add 2 cloves garlic, 1 clove and 1 sprig of herbs to each jar as well.</li><li>2. Heat the water and vinegar over medium heat in a 2 quart sauce pot. Add in the salt.</li><li>3. Bring to a light simmer and stir until salt is dissolved, about 8 minutes.</li><li>4. Pour the brine into the jars until the veggies are submerged.</li><li>5. Let them sit out for 30 minutes. Then cover with a tight fitting lid and store in the fridge.</li><li>6. These will last several weeks. Use a clean fork to retrieve them, and eat plain or in a salad or sandwich.</li></ol>
--	--