Carrot-Beet Salad

Serves 6 // Prep time = 20 min

Ingredients:
- 1 bunch carrots
- 3 medium beets
- 1 handful of sunflower seeds or pumpkin seeds (or your favorite chopped nuts!)
- 1 handful of raisins (optional)
  Optional: chopped scallions, parsley, spices like cumin, coriander, and cinnamon

Dressing:
- ½ cup olive oil
- 2 tablespoons vinegar (try apple cider or balsamic)
- 1 teaspoons dijon mustard
- 1 teaspoons honey

Directions
1. Remove carrot tops and bottoms, if any 2. Shred carrots into large bowl with a cheese grater (or food processor)
3. Peel beets or remove outer skin with a small sharp knife
4. Shred beets into bowl with carrots
5. Add raisins and sunflower seeds
6. Stir ingredients in bowl to combine
7. Add all ingredients for dressing into a jar with a lid
8. Shake up the jar to make your dressing 9. Add dressing to taste to salad, stir, and enjoy (any extra dressing keeps for 2 weeks in refrigerator)

Quick-Pickled Beets and Carrots

Ingredients:
- 2–3 cups peeled and diced beets
- 4–6 carrots, peeled and cut into sticks
- 2 cups filtered water
- 2 cups apple cider vinegar
- 1 teaspoon fine salt
- 4 cloves garlic
- 2 sprigs fresh dill or rosemary, (optional)

Directions
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.
2. Heat the water and vinegar over medium heat in a 2 quart sauce pot. Add in the salt. 3. Bring to a light simmer and stir until salt is dissolved, about 8 minutes.
4. Pour the brine into the jars until the veggies are submerged.
5. Let them sit out for 30 minutes. Then cover with a tight fitting lid and store in the fridge. 6. These will last several weeks. Use a clean fork to retrieve them, and eat plain or in a salad or sandwich.