



Magenta Root Slaw

Source: Vermont FEED New School Cuisine Cookbook

Servings

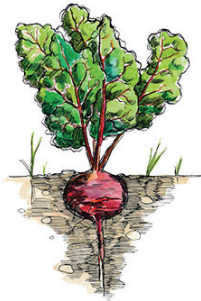
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Ingredients

- 1 1/2 tsp fresh ginger
- 3/4 cup carrots
- 3/4 cup beets
- 3/4 cup parsnips
- 1 Tbsp honey
- 2 1/2 tsp lemon juice, *fresh or bottled*
- Pinch of kosher salt

Preparation

1. **Ä** Peel and chop ginger. Pulse in food processor fitted with steel blade until ground.
2. **Ä** Trim and peel carrots, beets, and parsnips. Shred in food processor fitted with shredding disk, or by hand with a grater.
3. **Ä** Whisk together honey, lemon juice, and salt in a large bowl. Add shredded vegetables and toss to combine.



Did You Know?

Beets have the highest sugar content of any vegetable, but are packed with excellent nutrients.

Dig Deeper

For information recipes, lessons, resources, guides, and more, visit:
mtharvestofthemonth.org



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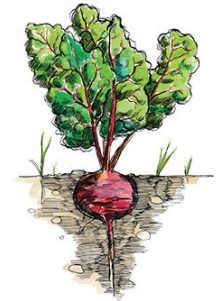
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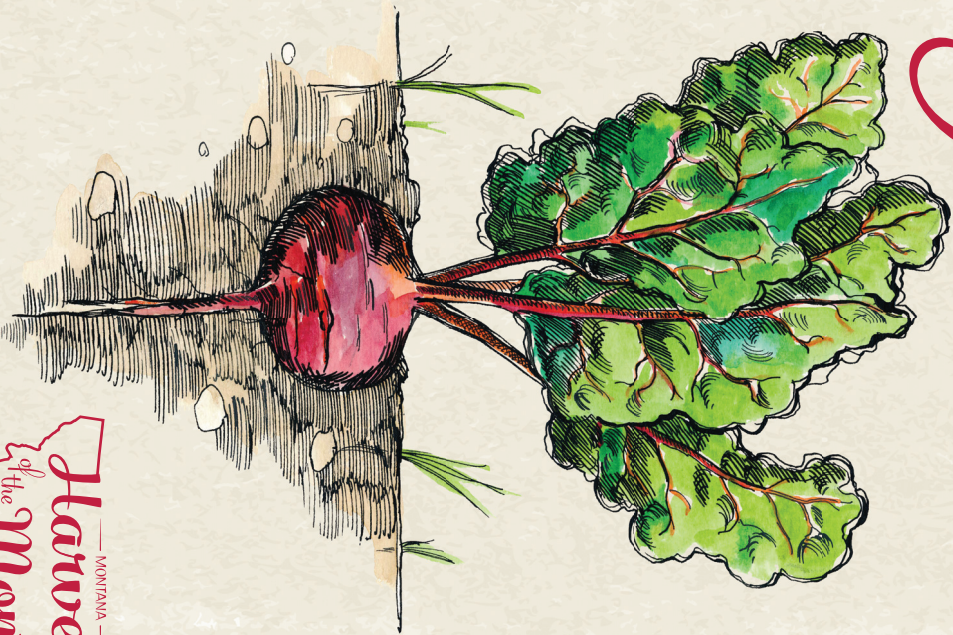
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