

WINTER ROOT VEGGIE SLAW

Winter Root Veggie Slaw

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 12 (Serving= 1 cup)

Nutrition (per serving)

Calories: 131	Total Carbohydrate: 10
Total Fat: 10 g	Dietary Fiber: 2 g
Saturated Fat: 1 g	Total Sugars: 7 g
Sodium: 143 mg	Protein: 1 g

Ingredients

Dressing

- ½ cup extra-virgin olive oil
- ¼ cup cider vinegar
- 1 Tablespoon honey mustard
- 1 Tablespoon honey

Salad

- 4 beets, peeled, cut into matchsticks*, and patted dry

- 2 teaspoons caraway seeds
- Grated peel from one orange
- ½ teaspoon salt

- 1 large turnip, peeled, cut into matchsticks*, and patted dry

- 2 medium carrots, peeled, cut into matchsticks*, and patted dry
- 1 Golden Delicious apple, cored, peeled, cut into matchsticks*, and patted dry
- ½ head of cabbage, thinly sliced

* To cut vegetables into matchsticks, use a mandolin or a food processor that has either a julienne blade or large shredding blade.

Directions

1. In a small bowl, whisk all dressing ingredients.
2. In a medium bowl, mix all salad ingredients.
3. Add dressing to salad and toss well to coat.