

## CARROT, PARSNIP, BEET SALAD WITH GINGER/LEMON DRESSING

Contributed by Alison Forrest, Food Service Director, Huntington, VT

This winter root vegetable salad is popular at several schools.  
Makes 8 servings, 4 ounces each

Mix:

1½ tsp. grated fresh ginger

2Tbsp. honey or 2Tbsp. brown sugar (sweeten to taste depending on vegetables)

2 Tbsp. lemon juice

2 Tbsp. orange juice

Mix all ingredients together to blend.

After lightly brushing the skins (no need to peel if skins are clean) grate:

½ pound raw parsnips

½ pound raw carrots

½ cup raw beets (or ¼ cup beets, ¼ cup red cabbage)

Add parsnips and carrots to dressing first and mix well. Then add beets and mix lightly. Refrigerate until serving.

This salad stays crunchy for several days and is a nice, bright winter alternative