
SHREDDED BEET SALAD

Serves 4

2 c. red beets (cooked, peeled and shredded)

3 Tbsp. olive oil

2 Tbsp. lemon juice

2 Tbsp. onion, chopped

1 Tbsp. sugar

½ tsp. salt

Pepper to taste

Mix together and chill. To serve, place the red beet mixture in the middle of a dish.

1 c. carrots, shredded

2 hard-cooked eggs, sliced

½ c. fresh parsley, chopped (optional)

Green olives (optional)

Arrange around the beets. Olives also may be sliced on top of the red beets as a garnish; the olive flavor really adds to this salad.

Simplest shredded beet-carrot salad: combine equal portions of shredded carrots and shredded beets with a handful of chopped parsley. Dress with oil and vinegar.

Credit: ***Simply in Season*** by Mary Beth Lind and Cathleen Hockman-Wert