



Carrot-Beet Salad

Serves 6 // Prep time = 20 min

<p>Ingredients:</p> <ul style="list-style-type: none">• 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 <p>Dressing:</p> <ul style="list-style-type: none">• ½ cup olive oil• 2 tablespoons vinegar (try apple cider or balsamic)• 1 teaspoons dijon mustard• 1 teaspoons honey	<p>Directions</p> <ol style="list-style-type: none">1. Remove carrot tops and bottoms, if any2. Shred carrots into large bowl with a cheese grater (or food processor)3. Peel beets or remove outer skin with a small sharp knife4. Shred beets into bowl with carrots5. Add raisins and sunflower seeds6. Stir ingredients in bowl to combine7. Add all ingredients for dressing into a jar with a lid8. Shake up the jar to make your dressing9. Add dressing to taste to salad, stir, and enjoy (any extra dressing keeps for 2 weeks in refrigerator)
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Quick-Pickled Beets and Carrots

<p>Ingredients:</p> <ul style="list-style-type: none">• 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)	<p>Directions</p> <ol style="list-style-type: none">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.
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