

Shredded Beet Salad Recipe

A great recipe for both beet avoiders and beet lovers.

2 cups/ 500 ml beets (cooked, peeled and shredded) 1/2 cup/ 125 ml
fresh parsley (chopped -- optional) 3 Tbsp / 45 ml olive (or other) oil
3 Tbsp / 45 ml lemon juice 2 Tbsp / 30 ml onion (chopped)
1 Tbsp / 15 ml sugar 1/2 tsp / 2.5 ml salt
pepper to taste

Mix all ingredients together and chill.

nithvalleyorganics.ca