

Golden Beet & Carrot Salad with Dried Cranberries



Sirve:

6 - 8 servings, as a side dish

Pieza:

Saladmaster Food Processor

small mixing bowl

large mixing bowl

Valora: ★★☆☆☆

Contribuido por:

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Descripción de la Receta:

Finely shredded raw golden beets are sweet and crispy; toss them with carrots, bits of dried cherries and a bright lemon dressing. Serve this salad as is or on top of your favorite crispy salad greens for a first course salad. Add a sprinkle of crumbled feta cheese for a salty finish.

1 pound
golden beets, peeled and shredded, use Cone #1
(454
g)
4 carrots, trimmed, scrubbed and shredded, use Cone #1
2 scallions, white and green part, minced
¼ cup
parsley leaves, chopped
(15
g)
½ cup
dried cherries, minced
(60
g)
4 tablespoons
fresh lemon juice
(60
ml)
3 tablespoons
olive oil
(45
ml)
½ teaspoon
natural salt
(3
g)
mixed salad greens (optional)
3 ounces

feta cheese, crumbled
(85
g)

Preparación :

1. Using the food processor, shred the beets and carrots directly into a large mixing bowl. Add scallions, parsley and dried cherries.
2. In a small bowl, mix together lemon juice, olive oil and salt. Pour dressing over salad ingredients and toss to combine. Taste and adjust seasonings as necessary.
3. To serve, place a portion of shredded beet salad on top of your favorite greens and garnish with a sprinkle of crumbled feta cheese.

Consejos:

- Substitute golden beets for red beets.
- If dried cherries are hard, soften them up by pouring hot water over them and letting them sit for 10 minutes. Drain water and chop into bit sized pieces.

Información nutricional por ración

▼
Calorías: 147
Grasa Total: 8g
Grasa 2g
Saturada:
Colesterol: 10mg
Sodio: 290mg
Carbohidratos: 18g
Fibra 3g
Dietética:
Azúcar: 7g
Proteína: 3g