



Carrot and Beet Salad

Salad Ingredients

- 1 bag of mixed greens or a combination of leaf lettuce any variety, romaine, kale or endive
- 2 cups shredded carrots
- 2 cups shredded beets (choose beets about 3 inches in diameter)

Instructions

- 1 Remove the leaves from beets, wash and steam for about 15 minutes.
- 2 Cool and remove the skin and root.
- 3 If you can buy organic vegetables, we highly recommend that you do so.
- 4 You want to make sure to wash your greens thoroughly and have them as dry as possible for your salad bowl.
- 5 Mix the greens together add the carrots and the beets.
- 6 Toss.
- 7 Add Dressing (see below)
- 8 Salt to taste.

Dressing

Citrus Garlic Salad Dressing

- 1/3 cup fresh squeezed orange juice
- 1/3 cup fresh squeezed lemon or lime juice
- 1 clove garlic (or 1/4 tsp garlic powder)
- 1/2 tsp salt
- 1/4 cup rinsed raw (unsalted/unroasted) cashews
- 2 pitted dates (or 1 rounded tsp honey)

In a blender, place all ingredients and blend real well. This one has great pizzazz!