



today's main ingredient

A  LOCAL FOOD PODCAST



Shredded Beet and Carrot Salad

INGREDIENTS - 4 to 6 servings

2 medium-small beets
2 large carrots
1 1/2 Tablespoons balsamic vinegar
1 1/2 Tablespoons sunflower or other neutral oil
Salt and pepper, to taste

STEP 1 - Peel raw beets and carrots. Shred these vegetables using the large holes of a box grater or the shredding disc of a food processor.

STEP 2 - Toss shredded beets and carrots with balsamic vinegar and sunflower or other oil. Serve at once or cover and refrigerate for up to 3 days.

Also try this recipe for roasted beet salad from the Food Network:

<https://www.foodnetwork.com/recipes/ina-garten/balsamic-roasted-beet-salad-recipe-2006690>

Episode 19 | Beets

TodaysMainIngredient.org

Check out our weekly interviews with local farmers and chefs as our podcast series focuses on one locally grown ingredient in each episode. From kale to radishes to peas to garlic and mushrooms, and more, listen to farmers discuss how they grow that ingredient and hear chefs discuss what to do with it once you get it into the kitchen. This podcast can also be heard on radio at WDNH-FM (93.5) and WYCY-FM (103.5) on Sunday mornings at 7:05 a.m. and 7:20 a.m. respectively.