

Root Fruit Salad



Ingredients for the Salad:

4 medium carrots

4 medium apples

4 medium beets

For the vinaigrette:

1/4 cup apple cider vinegar

3/4 cup olive or canola oil

1/2 cup honey

Juice from one lemon

1/4 tsp salt

Directions:

1. Using a box grater, carefully grate carrots, beets and apples into a large bowl.
2. In a small jar with a tight fitting lid, mix all vinaigrette ingredients together by shaking for a minute or two. Or, use a small bowl and whisk together well.
3. Pour 1/2 - 1 cup vinaigrette over grated ingredients and mix well.

MICHIGAN STATE
UNIVERSITY | **Extension**

Michelle Smith, RD

Nutrition Program Instructor

231-922-4823

smithmmk@msu.edu

Jane Rapin, RD, CDE

Nutrition Program Instructor

231-922-4858

rapinjan@msu.edu

This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office.

MSU is an affirmative-action, equal-opportunity employer. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.