

Beet and Carrot Salad

BY MAGDALENA WSZELAKI JANUARY 2019 COOKING FOR HORMONE BALANCE



You can make this raw, root vegetable slaw up to four days before you plan to eat it.

YIELD: 4–6 servings **TOTAL TIME:** 25 minutes

INGREDIENTS

Salad:

- 2 cups shredded peeled beets
- 2 cups shredded unpeeled carrots
- 1 cup chopped raw walnuts
- 1/4 cup chopped scallions
- 1/4 cup chopped fresh flat-leaf parsley

Dressing:

- 1/2 cup extra virgin olive oil
- Freshly grated peel of 1 orange
- 1/4 cup freshly squeezed orange juice
- 2 tablespoons apple cider vinegar
- 1 teaspoon ground cumin
- 1 teaspoon salt

PREPARATION

To make the salad, combine all of the salad ingredients in a large bowl. To make the dressing, place all the dressing ingredients in a jar. Seal the lid and shake until well combined. Pour the dressing over the salad and toss until well coated. Serve at room temperature or chilled. Keeps well in the refrigerator for up to 4 days.

