

carrot and beet salad

Makes 2-4 servings

RECIPE ADAPTED FROM: [Rebecca Katz](#)

PREP TIME: 10 minutes

4 medium to large carrots
2 large red beets
2 Tbsp freshly squeezed orange juice
2 tsp freshly squeezed lemon juice
2 tsp extra-virgin olive oil
½ tsp grated fresh ginger
¼ tsp sea salt
2 Tbsp chopped fresh mint

PEEL carrots and cut into thin strips.

PEEL beets and cut into thin strips.

GRATE ginger and chop mint. Set aside.

WHISK orange juice, lemon juice, olive oil, ginger, and salt together until thoroughly combined.

PUT carrots in a mixing bowl, drizzle with half of the dressing, and toss until evenly coated.

TRANSFER carrots to one side of a shallow serving bowl.

PUT beets in the mixing bowl, drizzle with the remaining dressing, and toss until evenly coated.

TRANSFER beets to the serving bowl next to the carrots for a beautiful contrast of red and orange.

TOP with chopped mint before serving.

STORE in an airtight container in the refrigerator for 3 to 5 days.

