

# BEET, GINGER, & CARROT SLAW

From the Kitchen of: Trinity Health Ann Arbor Lifestyle Medicine

**Preparation Time:** 15 minutes | **Yield:** 4-6 portions

This slaw combines “the sweetness of carrots and ginger with the zing of apple cider vinegar” for a delicious, easy way to enjoy fresh beets. It requires no cooking and comes together in just 15 minutes!

Fresh beets, carrots, and green onions grow well in Michigan’s climate and these veggies are available fresh from local farms in the autumn months. The recipe’s authors suggest you consider “growing your own or checking out [localdifference.org](http://localdifference.org) to learn about when these ingredients are in season and what farms, farmers markets, or stores carry them.”

Skeptical of beets? The team at Trinity Health Ann Arbor says that “this dish has converted many beet-averse eaters into beet lovers” in their free Cooking with Plants class. They share, “we’ve loved seeing how many people who thought they hated beets have been converted to beet aficionados after trying this recipe. Kids included!”



## INGREDIENTS:

- 2 medium red beets, washed, peeled, and shredded
- 1 large carrot, washed, peeled, and shredded
- 1 (1-inch) piece of ginger, peeled and minced
- 2-3 green onions, trimmed and thinly sliced
- 3-4 Tablespoons apple cider vinegar
- 1-2 Tablespoons fresh orange juice
- 1/4 cup unsalted sunflower seeds

## INSTRUCTIONS:

- Add all of the ingredients to a medium bowl.
- Stir the slaw until it is well-combined.
- Eat as-is, or use it as a topping for a veggie burger, grain bowl, or salad.
- Store leftovers in the fridge for up to 5 days.



## DID YOU KNOW?

Beets are typically harvested mid-summer through late fall, but can be stored through the winter for year-round local eating!