

UofL Health Promotion Office Featured Recipe

Use the abundant local veggies from Farmers' Markets to make a luscious and nutrient-dense meal...quickly!

ABC Slaw! (Apples, Beets, Carrots)



Ingredients:

- 1 lb carrots (peeled and trimmed)
- 1 lb beets (peeled and trimmed)
- 2 Granny Smith apples (cored)
- Juice of 1 lemon
- 1/4 cup walnut oil (can substitute hazelnut or pumpkin seed oil)
- 1 tbsp Dijon mustard
- Salt and pepper to taste
- 1/4 cup chopped walnuts
- 1/4 cup roughly chopped parsley

Preparation:

- Grate the carrots, beets and apples into a large salad bowl.
- In a small bowl, whisk lemon juice, walnut oil and mustard until combined. Season with salt and pepper to taste. Pour over the shredded beet mixture.
- Add walnuts, and toss until all ingredients are combined.
- Sprinkle with parsley before serving.

More recipes from UofL Health Promotion Office:

www.louisville.edu/healthpromotion/health-topics/food-nutrition-cooking/recipes

Chef Mat's website has more recipes for fresh summer veggies and fruits:

www.junehealthandwellness.com