



## Greenmarket Recipe Series

**Natural  
Gourmet  
Institute**

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### **BROCCOLI, BEET & CARROT SLAW WITH HERB YOGURT DRESSING**

Recipe by Natural Gourmet Institute

SERVES 6-8

#### **Ingredients:**

1 pound broccoli\* with stalks, stems peeled & cut into matchsticks and florets minced  
½ pound beets\*, peeled & grated  
½ pound carrots\*, peeled & cut into matchsticks  
1 crisp apple\* (Honeycrisp or Fuji), small diced  
1 rib celery\*, thinly sliced diagonally  
2 scallions\*, thinly sliced diagonally

1 cup natural plain yogurt\*  
2 tablespoons white wine vinegar  
1 tablespoon chopped fresh mint\*  
1 teaspoon chopped fresh tarragon\*  
2 tablespoons extra virgin olive oil  
½ teaspoon sea salt  
Pinch black pepper

#### **Directions:**

1. In a small bowl, whisk together yogurt, white wine vinegar, mint, and tarragon. Slowly stream in olive oil while stirring, then season with salt and black pepper. Set aside.
2. In a large bowl, combine broccoli, beets, carrots, apple, celery, and scallions. Toss with dressing and serve.

***\*Ingredients available seasonally at your neighborhood Greenmarket***

For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit [www.growNYC.org](http://www.growNYC.org).

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