



Greenmarket Recipe Series

Raw Beet Salad – 2 Ways

Ingredients:

Salad

*1 Bunch Beets

*1 Large Green Apple

*1 Shallot

*2 Tbsp Fresh Chive

**available seasonally at your neighborhood Greenmarket*

Vinaigrette Dressing

1/4 Cup Extra Virgin Olive Oil (EVOO)

1/4 Cup Cider Vinegar

2 Tspn Dijon Mustard

Fresh Cracked Pepper

Asian Dressing

1/4 Cup Extra Virgin Olive Oil (EVOO)

1/4 Cup Rice Wine Vinegar

1 Tbsp Sesame Oil

2 Tbsp Mirin (rice wine syrup)

Instructions:

Peel the beets with a potato peeler then use a cheese grater to grate the beets and apple. Finely dice the shallot and chives and fold into beet and apple mixture. Whisk together the ingredients for your choice of dressing and gently stir into beet salad. Season with salt and pepper to taste.

Serving Options:

Serve in a small bowl as-is! For additional flavors add shredded cabbage, carrots, ginger or raisins. Fresh squeezed lemon juice may be substituted for vinegar.

Serves 4

For over 30 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. As a non-profit, donations from supporters like you are vital to our continued to success. To make a fully tax-deductible contribution please call 212.788.7900 or make a donation online.