

BEET & CABBAGE SLAW

(adapted from Bon Appetit by the Food Trust/Headhouse Farmers Market)

Ingredients:

- 6 medium beets, trimmed
- 1/2 cup apple cider vinegar
- 1/4 cup granulated sugar
- 2 tablespoons whole-grain Dijon mustard
- 1 1/2 teaspoons caraway seeds
- 1/3 cup vegetable oil (or Healthy Delights Oil)
- 8 cups thinly sliced red or green cabbage (about half of a large head)
- 2/3 cup chopped onion
- 1/4 cup (packed) chopped fresh dill
- 3 cups coarsely grated peeled carrots (about 3 large)

Directions:

- Cook beets until tender – microwave, steam, or boil (or bake at 400°, wrapped in foil, about 1 hour, until tender).
- Cool, then peel and coarsely grate beets.
- Whisk vinegar, sugar, mustard, and caraway seeds in large bowl to blend. Gradually whisk in oil.
- Stir in dill.
- Add cabbage, onion and grated beets to dressing and toss to coat. Let stand 45 minutes, tossing occasionally.
- Mix 2 & 1/2 cups carrots into cabbage mixture. Season with salt and pepper.
- Garnish with remaining grated carrots and serve.