



Rainbow Fresh Beet Slaw

8 ounces fresh chiogga or candy cane beets, trimmed, peeled

8 ounces fresh golden beets, trimmed, peeled

6 ounces fresh carrots, peeled

1 teaspoon salt

1/4 cup granulated sugar

3 Tablespoons white wine vinegar

1/2 cup oil

2 Tablespoons Dijon mustard

1/2 teaspoon salt

1/4 teaspoon ground black pepper

1 small Gala apple, cored, shredded

1/3 cup dried cranberries

2 Tablespoons chopped chives or as desired

1/4 cup coarse chopped honey peppered pecans or walnuts

In a large bowl, shred beets and carrots; toss with salt and sugar; set aside for 15 minutes. The beets will partially wilt.

In a small bowl, whisk vinegar, oil, and mustard. Season dressing with about 1/2 teaspoon salt and 1/4 teaspoon black pepper.

Place beets and carrots in salad spinner, spin to remove excess liquid.

Toss beets, carrots, and apples in large bowl; toss with salad dressing. Add dried cranberries, chives, and chopped nuts. Season as desired with additional salt, pepper, or sugar. Serve immediately.

Serves: about 4 to 6

Inspired by: Cook's Illustrated July/August 2016 Technique for treating root vegetables for slaw

Cook's Note: If these beets are not available, you can substitute other root vegetables. You can prepare this recipe in a food processor using fine shredding. Also add a touch of sweetness if desired.

About the Recipe: It is hard to believe that this slaw is actually made with fresh beets. The root vegetable wilts a little but stays crisp. The technique can be used for any root vegetable. The slaw is delightful to serve as a side dish or add to a sandwich. Refrigerate any leftover slaw.