

Recipe for: GRATED RAW BEEF SALAD

Serves 10-20 students a sample size portion

INGREDIENTS

- 3-4 medium sized beets
- 1 tablespoon olive oil
- 1 teaspoon honey
- Zest from one orange
- 3 tablespoons freshly squeezed orange juice
- 1 tablespoon lemon juice
- 2 tablespoons fresh herbs, minced (chives, parsley or mint)
- Salt and pepper to taste

DIRECTIONS

1. Peel the beets with a vegetable peeler.
2. Grate beets in a food processor or on a box grater. Place in medium mixing bowl and set aside.
3. In a small bowl, mix together olive oil, honey, orange zest, orange and lemon juices, herbs, and salt and pepper
4. Drizzle olive oil mixture over grated beets and toss until evenly incorporated .
5. Serve and enjoy!



SCHOOLYARD GARDENS