Winter Storage Salad

Try this recipe from the Fit4Kids learning garden with your students.

Toss together a simple warm winter salad with what's growing in the garden or what you can find at any market.

**You will need:**
3 medium sweet potatoes
3 medium parsnips
1 bag thawed frozen corn (or two cans of corn)

**For the dressing:**
1/4 cup olive oil
2 tsp turmeric
1 tsp cinnamon
2 tablespoons honey

1. Shred the sweet potatoes and parsnips using a box grater. Then add the corn to the root vegetables.
2. Make the dressing by mixing the ingredients in a jar with a lid and give it a good shake!
3. Toss everything together and enjoy!