

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

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

You will need:

- 3 carrots, shredded
- 2 peeled golden beets, shredded
- 2 peeled parsnips, shredded
- 1 turnip, shredded
- 1 red onion, diced

For the dressing:

- 1/4 cup olive oil
- 2 tbsp. balsamic vinegar
- 1 clove of garlic, finely diced
- 1 tsp. pepper
- 1. tsp. salt

1. Shred all vegetables and add to a large bowl.
2. Make the dressing by mixing the ingredients in a jar with lid and give it a good shake!
3. Pour the salad dressing over the vegetables. Toss everything together and enjoy!

