Winter Root Salad

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!