

Golden Beet & Carrot Salad with Dried Cranberries



Makes:

6 - 8 servings, as a side dish

Utensil:

Saladmaster Food Processor
small mixing bowl
large mixing bowl

Rate ★★☆☆☆☆

Recipe:

Contributed By:

Cathy Vogt
Certified Health Coach & Natural Foods Chef
[Write a Review](#)

Recipe Description:

Finely shredded raw golden beets are sweet and crispy; toss them with carrots, bits of dried cherries and a bright lemon dressing. Serve this salad as is or on top of your favorite crispy salad greens for a first course salad. Add a sprinkle of crumbled feta cheese for a salty finish.

1 pound
golden beets, peeled and shredded, use Cone #1
(454
g)
4 carrots, trimmed, scrubbed and shredded, use Cone #1
2 scallions, white and green part, minced
¼ cup
parsley leaves, chopped
(15
g)
½ cup
dried cherries, minced
(60
g)
4 tablespoons
fresh lemon juice
(60
ml)
3 tablespoons
olive oil
(45
ml)
½ teaspoon
natural salt
(3
g)
mixed salad greens (optional)

3 ounces
feta cheese, crumbled
(85
g)

Directions:

1. Using the food processor, shred the beets and carrots directly into a large mixing bowl. Add scallions, parsley and dried cherries.
2. In a small bowl, mix together lemon juice, olive oil and salt. Pour dressing over salad ingredients and toss to combine. Taste and adjust seasonings as necessary.
3. To serve, place a portion of shredded beet salad on top of your favorite greens and garnish with a sprinkle of crumbled feta cheese.

Tips:

- Substitute golden beets for red beets.
- If dried cherries are hard, soften them up by pouring hot water over them and letting them sit for 10 minutes. Drain water and chop into bit sized pieces.

Nutritional Information per

▼ Serving

Calories: 147
Total Fat: 8g
Saturated Fat: 2g
Cholesterol: 10mg
Sodium: 290mg
Total 18g
Carbs:
Dietary Fiber: 3g
Sugar: 7g
Protein: 3g