

Apple, Beet & Carrot Slaw with Blood Orange Vinaigrette

INGREDIENTS

- 1 medium fresh apple, peeled and shredded
- 1 medium fresh beet, peeled and shredded
- 2 medium carrots, peeled and shredded
- 1 large Granny Smith apple, peeled and shredded
- ¼ cup chopped walnuts
- 3 tbsp chopped fresh parsley and dill, combined
- Juice of 1 blood orange
- ¼ cup salt
- Black pepper to taste
- 2 tbsp olive oil

DIRECTIONS

1. Place shredded beets, carrots, and apple in mixing bowl and mix to combine. Add walnuts and herbs on top of mixture and set bowl aside.
2. In a small bowl, whisk together blood orange juice and salt until salt is dissolved. Add 3 to 4 grinds of pepper, then whisk in oil. Pour dressing over salad and mix until well combined and evenly dressed. Serve salad within 1 hour of combining with herbs and dressing.



Recipe courtesy of Diabetes Food Hub

Servings: 4 | Serving size: 1 cup

Nutrition Information: Calories: 170; Total Fat: 12g; Cholesterol: 0mg; Sodium: 170mg; Total Carbohydrate: 15g; Dietary Fiber: 3g; Total Sugars: 11g; Protein: 2g