

Beet Salad

From the Public Health Seattle and King County

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Salads/BeetSalad.aspx>

Ingredients

- 2 Tbl. vegetable oil
- 3 cups shredded/grated red cabbage
- 1 1/2 cups peeled, shredded/grated red beets
- 1 medium onion, thinly sliced
- 1 large apple, grated
- 1/2 cup apple cider vinegar
- 2 Tbl. brown sugar
- 1/2 tsp ground allspice
- pinch of salt
- pinch of pepper

Instructions

1. Mix the apple, vinegar, brown sugar, and spices in a bowl.
2. Heat the oil in a large skillet or wok. Stir fry the onion and cabbage until they just start to get soft.
3. Add the beets and the apple/vinegar mixture, cooking it until the beets and apple are just hot (about 1 minute).
4. Cool in refrigerator overnight and serve cold, or serve hot right away.
5. You may substitute green cabbage for red cabbage. You may also substitute golden beets for red beets.

Makes 8 servings

Nutrition information per serving

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| Calories: 85 | Calories from fat: 34 |
| Total Fat: 4 g | Sodium: 44 mg |
| Saturated Fat: 0 g | Protein: 1 g |
| Cholesterol: 0 mg | Carbohydrates: 14 g |
| Dietary Fiber: 2 g | Sugars: 3 g |