

Moroccan Beet Salad

Servings: 6

Diet: Vegan, Vegetarian, & Gluten-Free

Ingredients

- ¼ cup orange juice
- 1 tablespoon orange zest
- 1 tablespoon oil
- 2 teaspoons ground cumin
- ½ teaspoon salt
- 5 small beets, raw, peeled and shredded
- ¼ cup fresh mint, chopped
- ¼ cup fresh cilantro, chopped
- ½ medium red onion, finely diced

Instructions

STEP 1: To make the dressing, combine orange juice, orange zest, oil, cumin and salt in a small bowl. Stir well and set aside.

STEP 2: Combine the beets, mint, cilantro and onion in a large bowl. Add the dressing and toss well.



- **Reduce Food Waste:** When using fresh soft herbs, use the stems, too. They have the same flavor as the leaves with added crunch.
- **Did You Know?** Beets are packed with antioxidants and are high in fiber.



Per Serving: 80 Calories | 12g Carbs | 7g Sugar | 4g Fiber | 3g Fat (0g Sat Fat) | 2g Protein | 270mg Sodium
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