



Beet Carrot Salad with Citrus Dressing

Serves: 50 3 to 5 year old children

5# beets, washed and peeled
4# carrots, washed and peeled
3# crisp apple, peeled and cored

Dressing:

1 cup vegetable oil, canola or olive oil
½ cup lemon juice
1 ½ cups orange juice
Sprinkle of salt and pepper

Using either a box grater over a stainless bowl or a food processor, Shred the raw, peeled beets, carrots and apple. Mix together. Whisk The lemon juice, orange juice and oil with a sprinkle of salt and pepper. Toss the shredded vegetables and fruit with the citrus dressing. Let Sit refrigerated for an hour for flavor to develop. Serve cold.