FoodPrints

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Apple Beet Salad (or “ABC Salad”)

Notes
Add carrots to make this an “ABC salad”, or keep it simple with just apples and beets.

Ingredients
2 apples
2 beets
2 carrots (optional)
½ cup olive oil
¼ cup balsamic vinegar
1 clove garlic, grated on a microplane
½ to 1 teaspoon salt to taste
1 tablespoon brown sugar to taste

Instructions
Core the apples and peel the beets. Grate them (along with carrots, if using) on a box grater or with the grating attachment
of a food processor. Put grated apples and beets in a large bowl.
Put remaining ingredients in a jar and shake well. This is more dressing than you will need. Pour in just enough dressing to coat the salad, but not enough to drench it. Mix well. Save the rest of the dressing in your fridge for other salads.