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**UW-Madison Division of Extension**  
**Waukesha County**  
**Farmers Market Fresh**

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# Cabbage, Carrot, and Beet Salad

*Ingredients:*

Serves 4

3 cups shredded cabbage  
1/2 pound carrots, grated  
1 pound beets, peeled and grated  
salt and black pepper to taste

**Dressing:**

1/4 cup strong mustard  
1 tablespoon sugar  
salt and pepper to taste  
1/2 cup mayonnaise  
2 tablespoons fresh dill  
olive oil



*Directions:*

1. Put the mustard, sugar, salt, pepper, mayonnaise, and dill in a bowl and beat to blend. Add the oil as needed to reach the desired consistency.
2. Taste and adjust the seasoning. (Can be refrigerated for up to one day.)
3. Toss the cabbage, carrots, and beets with just enough dressing (about 1/2 cup) to coat the vegetables evenly.
4. Season to taste with more dressing and salt and pepper.
5. Chill well and serve.

*This recipe was modified from *The Best Recipes in the World*, Mark Bittman, 2005.*