

Waukesha County
UW Extension

Farmers Market Fresh

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 tbsp sugar
salt and pepper to taste
1/2 cup mayonnaise
2 tbsp fresh dill
olive oil



University of Wisconsin, U.S. Department of Agriculture and Wisconsin counties cooperating.
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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 ½ 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.

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