Dinner, Mediterranean

Crunchy Apple, Beet and Carrot Slaw

This crisp raw slaw pairs shredded apple, beets and carrots with chopped walnuts and fresh herbs. A simple blood orange dressing whisked with olive oil brings everything together.



Vegetarian | Gluten free

70 min	170	15 g	9 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 med beets (fresh, peeled and shredded)
- [ ] 2 med carrots (peeled and shredded)
- [ ] 1 large Granny Smith or other tart apple (peeled and shredded)
- [ ] 1/4 cup walnuts (chopped)
- [ ] 3 tbsp chopped fresh parsley, dill, of combination
- [ ] 1/4 cup juice of 1 blood orange
- [ ] 1/4 tsp salt
- [ ] 1/4 tsp black pepper
- [ ] 2 tbsp olive oil

Nutrition Facts

Per serving

Calories	**170**
Total fat	12 g
Saturated fat	2 g
Sodium	190 mg
Total carbs	15 g
Fiber	3 g
Total sugars	9 g
Protein	2 g

Method

- [ ] 1 Tip the shredded beets, carrots, and apple into a large mixing bowl and toss them together.
- [ ] 2 Scatter the chopped walnuts and the chopped fresh parsley and dill over the top, then set the bowl aside.
- [ ] 3 Whisk the blood orange juice with the salt in a small bowl until the salt dissolves.
- [ ] 4 Season with the black pepper, then whisk in the olive oil until the dressing is blended.
- [ ] 5 Pour the dressing over the slaw and mix well so every shred is evenly coated.
- [ ] 6 Serve the slaw within 1 hour of combining it with the herbs and dressing.

diabic.com/recipes

Scan to open this recipe and its shopping list