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**Real Food – Real Delicious – Real Healthy**

**Beet and Red Cabbage Salad**

**Step 1 Ingredients:**

2 small carrots or 1 large

2 small beets or 1 large

2 cups shredded purple cabbage (or white)

1-2 shallot minced

¼ cup fresh or parsley chopped

**Step 2 Ingredients** (dressing)

¼ cup fresh squeezed orange juice (reserve 1 tsp of zest)

2 tbsp fresh lime or lemon juice

2 tbsp Bragg’s apple cider vinegar

2 tbsp safflower oil

2 tsp light sweet miso (Miso Master Organic)

1 tsp fresh ginger root minced

1 tsp stevia

1-2 tsp fresh tarragon or basil

Sea salt and cracked pepper to taste

**Step 3 Ingredients:**

4 cups mixed greens with spinach

2 tbsp fresh lemon juice

1 tbsp EVO

Dash salt and pepper

**Step 1:** Shred cabbage, carrots and beets in processor or by hand. Mix together in a large bowl with shallots and parsley.

**Step 2:** Combine all dressing ingredients in processer or place in jar with tight lid and shake well and stir into beet and cabbage mixture.

**Step 3:** Whisk together lemon juice, olive oil, salt and pepper. Add to greens and toss well.

**To serve** – Arrange greens on plate with beet and cabbage mixture on top. Garnish with a little chopped parsley or basil – Yummm! Try it with a scoop of Indian Basmati rice for a unique taste treat!