

Marinated Beet and Cabbage Salad



30 MIN prep, a few HRS or overnight to marinate

4 to 6 Servings

Easy

Ingredients

- 2 medium beets, peeled and grated
- ¼ cup sherry vinegar
- 2 tablespoons Dijon mustard
- 3 tablespoons organic olive oil
- Salt to taste
- ½ head medium cabbage, cored and shredded
- ¼ cup apple cider vinegar
- 1 tablespoon liquid sweetener such as agave or coconut nectar
- 2 tablespoons organic olive oil
- 1 tablespoon fresh dill or mint
- A handful of baby arugula or spring mix

Instructions

For the beets

If you have a good processor with the shredding disk that's the best way to grate the beets. Beets are difficult and a mess to grate on a box grater, needless to say, what your hands look like from holding all those beets. When using the food processor, make sure to cut the beets to fit into the shoot. Easy breezy. Remove the grated beets from the food processor and put them into a bowl.

Beets

In a small bowl, whisk together the 2 tablespoons sherry vinegar, 1 tablespoon Dijon mustard, 3 tablespoons olive oil and salt to taste. Mix with the beets. Tongs work well for this.

Cabbage

Mix the marinade in a bowl: 1/4 cup apple cider vinegar, 1 tablespoon either agave or coconut nectar, 2 tablespoons olive oil, and the mint or dill. Mint or dill is optional, but they do add a little extra something, something to the flavor of the dish. Toss the marinade with the cabbage and allow to sit for a few hours.

Stir the separate vegetables

About every 20 minutes or so give the beets and cabbage a stir, using two separate pairs of tongs, one for the beets, one for the cabbage, so you don't get the red beet color all over the cabbage.

To serve

Toss the cabbage salad with a handful or two of baby arugula or baby salad greens. Put the cabbage salad on the plate first and top with the beets.