

BEEF & APPLE SLAW



- 3 cups** raw beets, orange or red, shredded
- 1 cup** Granny Smith apple, peeled & shredded
- 4** green onions, thinly sliced

Dressing:

- 3 Tbs.** virgin olive oil
- 2 Tbs.** dijon-style mustard
- 1 Tbs.** agave syrup OR 2 Tbs. sugar
- 2** cloves of garlic, minced
- 1 tsp** minced canned chipotles in adobo sauce (optional)
- ½ tsp** salt

Directions

Toss beets, apples and onions in a bowl. Combine all dressing ingredients in a food processor or blender and process until smooth. Alternatively, beat them aggressively with a wire whisk until blended. Toss dressing with vegetables to coat. If possible, refrigerate several hours or overnight to blend flavors.

Serves 4 to 6.