

ROOT VEGGIE & FRUIT SALAD

MAKES: 6 servings (2/3 cup each)

INGREDIENTS

- 3 carrots, thinly sliced
- 6 radishes, halved and thinly sliced
- 2 oranges, peeled, cut in small pieces
- 1 apple, cored and diced
- 1/3 cup fresh cilantro, chopped
- 3 Tablespoons orange juice*
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt (or to taste)

*Substitute lemon or lime juice (either squeezed from fresh or pre-bottled).

ROOT VEGGIE & FRUIT SALAD

MAKES: 6 servings (2/3 cup each)

INGREDIENTS

- 3 carrots, thinly sliced
- 6 radishes, halved and thinly sliced
- 2 oranges, peeled, cut in small pieces
- 1 apple, cored and diced
- 1/3 cup fresh cilantro, chopped
- 3 Tablespoons orange juice*
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt (or to taste)

*Substitute lemon or lime juice (either squeezed from fresh or pre-bottled).

ROOT VEGGIE & FRUIT SALAD

MAKES: 6 servings (2/3 cup each)

INGREDIENTS

- 3 carrots, thinly sliced
- 6 radishes, halved and thinly sliced
- 2 oranges, peeled, cut in small pieces
- 1 apple, cored and diced
- 1/3 cup fresh cilantro, chopped
- 3 Tablespoons orange juice*
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt (or to taste)

*Substitute lemon or lime juice (either squeezed from fresh or pre-bottled).

ROOT VEGGIE & FRUIT SALAD

MAKES: 6 servings (2/3 cup each)

INGREDIENTS

- 3 carrots, thinly sliced
- 6 radishes, halved and thinly sliced
- 2 oranges, peeled, cut in small pieces
- 1 apple, cored and diced
- 1/3 cup fresh cilantro, chopped
- 3 Tablespoons orange juice*
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt (or to taste)

*Substitute lemon or lime juice (either squeezed from fresh or pre-bottled).

DIRECTIONS

Thinly slice the carrots and radishes and add them to a large bowl. Then peel the oranges, separate into sections, cut into small chunks, and add to the bowl. Lastly, core and dice the apples and add to the bowl along with the fresh cilantro. Mix well.

In a smaller bowl, mix together the orange juice, ground cinnamon, and salt. Mix well to dissolve the salt. Then pour over the fruit and vegetable mixture and toss or stir to coat. Allow the salad to sit for 1 to 2 hours to absorb all of the flavors before serving. **Note:** It will taste the best if it is refrigerated and eaten the next day.*

***Recipe modified and renamed from sloveg.com**

The Food Group • www.thefoodgroupmn.org
763.450.3860 • 8501 54th Ave N, New Hope, MN 55428



DIRECTIONS

Thinly slice the carrots and radishes and add them to a large bowl. Then peel the oranges, separate into sections, cut into small chunks, and add to the bowl. Lastly, core and dice the apples and add to the bowl along with the fresh cilantro. Mix well.

In a smaller bowl, mix together the orange juice, ground cinnamon, and salt. Mix well to dissolve the salt. Then pour over the fruit and vegetable mixture and toss or stir to coat. Allow the salad to sit for 1 to 2 hours to absorb all of the flavors before serving. **Note:** It will taste the best if it is refrigerated and eaten the next day.*

***Recipe modified and renamed from sloveg.com**

The Food Group • www.thefoodgroupmn.org
763.450.3860 • 8501 54th Ave N, New Hope, MN 55428



DIRECTIONS

Thinly slice the carrots and radishes and add them to a large bowl. Then peel the oranges, separate into sections, cut into small chunks, and add to the bowl. Lastly, core and dice the apples and add to the bowl along with the fresh cilantro. Mix well.

In a smaller bowl, mix together the orange juice, ground cinnamon, and salt. Mix well to dissolve the salt. Then pour over the fruit and vegetable mixture and toss or stir to coat. Allow the salad to sit for 1 to 2 hours to absorb all of the flavors before serving. **Note:** It will taste the best if it is refrigerated and eaten the next day.*

***Recipe modified and renamed from sloveg.com**

The Food Group • www.thefoodgroupmn.org
763.450.3860 • 8501 54th Ave N, New Hope, MN 55428



DIRECTIONS

Thinly slice the carrots and radishes and add them to a large bowl. Then peel the oranges, separate into sections, cut into small chunks, and add to the bowl. Lastly, core and dice the apples and add to the bowl along with the fresh cilantro. Mix well.

In a smaller bowl, mix together the orange juice, ground cinnamon, and salt. Mix well to dissolve the salt. Then pour over the fruit and vegetable mixture and toss or stir to coat. Allow the salad to sit for 1 to 2 hours to absorb all of the flavors before serving. **Note:** It will taste the best if it is refrigerated and eaten the next day.*

***Recipe modified and renamed from sloveg.com**

The Food Group • www.thefoodgroupmn.org
763.450.3860 • 8501 54th Ave N, New Hope, MN 55428

