Red Beet and Apple Salad

INGREDIENTS
1 big red beet (or 2 small beets)
4 apples
1 tbsp lemon juice
1 tbsp honey
Salt to taste

INSTRUCTIONS
1. Wash the beet or peel it (if you peel the beet it will taste less earthy).
2. Grate the beet and the apples into a large bowl.
3. For the dressing, mix the lemon juice, honey and salt.
4. Pour the dressing over the grated beet and apples, mix well.
5. Serve chilled.

SERVING SIZE: 4

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