

SHAVED BEET SALAD

Serves 4



Ingredients:

- 3 small beets
- 4-6 leaves of fresh mint
- 2 teaspoons lemon juice
- 2 tablespoons olive oil
- Pinch of salt and pepper



Instructions:

1. Wash hands, beets, and mint 🥕
2. Peel and trim beets and grate them using the largest holes on a cheese grater, place in large bowl
3. Finely chop fresh mint leaves and add to bowl with shaved beets
4. Mix the lemon juice, olive oil, salt and pepper in with shaved beets 🥕

🥕 = kid-friendly step



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WHY BEETS?

- 🥕 Eating beets keep your heart very healthy!
- 🥕 Beets are good body cleansers, they purify blood and are very good for your liver.
- 🥕 Beets boost your energy because they are high in natural sugars.
- 🥕 Beets are high in iron, iron is necessary to maintain healthy cells, skin, hair, and nails.
- 🥕 Beets contain folic acid which is needed for the production of new cells and maintenance of existing cells.

The Minnesota Farmers Market Association (MFMA) provides services, programs and leadership that support and promote farmers' markets across Minnesota.

For more information:
www.mfma.org



Budding Farmers is an innovative enrichment program that teaches children about healthy food produced by their local farmers.

For more recipes, program information and to sign up visit:
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