APPLE-BEET SALAD

INGREDIENTS

4 Granny Smith apples
1 lb Cooked, cooled beets
6 Radishes
2 Scallions
2 ½ T Vinegar
2 ½ T Olive oil
⅛ c Apple juice
¼ t Ground allspice
¼ t Red pepper sauce
1/8 t Salt
1/8 t Black pepper

Yield: 6 servings

DIRECTIONS

1. Peel apples, cut in half, core & slice into thin slices. Cut cooked, cooled beets into julienne pieces. Wash & slice radishes. Wash & slice scallions on the diagonal.

2. In a large bowl, combine the apples, beets, radishes, & scallions.

3. In a small bowl, whisk together the vinegar, oil, apple juice, allspice, and hot sauce. Season with salt and pepper.

4. Pour dressing over the apple mixture and toss until evenly coated. Cover & refrigerate at least 1 hour before serving.

Adapted from Produce for Better Health Foundation at fruitsandveggiesmorematters.org