

# ABC SALAD

## INGREDIENTS

2 apples

2 beets

2 carrots

½ cup olive oil

¼ cup balsamic vinegar

1 clove garlic, grated on a  
microplane or chopped and  
mashed to a pulp

½ to 1 teaspoon salt to taste

½ - 1 teaspoon brown sugar or  
maple syrup, to taste

## METHOD

Core the apples and peel the beets. Grate the apples, beets and carrots with a box grater or with the grating attachment of a food processor. Put grated vegetables in a large bowl.

### Dressing

Put remaining ingredients in a jar and shake well. This is more dressing than you will need. Pour in just enough to coat the salad, but not enough to drench it. Mix well. Save the rest of the dressing in your fridge for other salads.