

Carrot, Parsnip & Beet Salad – adapted from “A Guide for Using Local Foods in Schools” by Vermont FEED (Jan 2007)

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Parsnips, fresh §, grated	1 lb 14 oz		3 lb 12 oz		15 oz	<ol style="list-style-type: none"> 1. Clean and grate all vegetables. 2. In a large bowl, mix ginger, honey (or brown sugar), lemon juice and orange juice. 3. Add vegetables to dressing. Mix well. 4. Let stand for 1 hour to marinate before serving. <p>❖ Serve ¼ cup (2 ounces).</p>
Carrots, fresh §, grated	1 lb 2 oz		2 lb 4 oz		9 oz	
Beets, fresh §, grated	12 oz		1 lb 8 oz		6 oz	
Ginger, fresh, grated		1 ½ Tb		3 Tb	¾ Tb	
Honey § or brown sugar		6 Tb		¾ cup	3 Tb	
Lemon juice		6 Tb		¾ cup	3 Tb	
Orange juice		6 Tb		¾ cup	3 Tb	
Olive oil or Canola oil		¾ cup		1 ½ cup	6 Tb	

§WA product available

Approximate preparation time: 20 min. + 1 hour of marinating

Tips & Variations:

- Serve with finely chopped cilantro, scallion or Italian parsley.
- Add dried fruits such as raisins.
- You can substitute beets with julienned **local cabbage** (green or red) – use ½ the amount of beets when using cabbage.
- Use a food processor to grate all the vegetables.
- For smaller scale cooking, you can use peeler to make ribbons instead. – This could be a fun, kid-friendly cooking prep project ☺



>> See information on local veggies in this dish <<

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Child Nutrition Program Food Components:

✓ ¼ cup vegetable

Nutrients Per Serving:

Calories	56 kcal
% Calories from Fat	46 %
Total Fat	3.0 g
Saturated Fat	< 1 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	14 mg
Total Carbohydrates	7 g
Dietary Fiber	1 g
Sugars	4 g
Protein	< 1 g
Vitamin A (2,820 IU)	56 %
Vitamin C (6 mg)	10 %
Calcium	11 mg
Iron	0 %

- 👉 Did you know that Washington ranks 1st in the nation in production of processing carrots and 4th in the nation in production of fresh carrots? [Click here to find more about carrots.](#)
- 👉 WA parsnips are available October to April and are a hearty and warming addition to your winter menu. Parsnips require a long growing season and improve in taste and sweetness after exposure to frost, as the starch is transformed into sugar. For this reason many growers prefer to harvest their parsnips in early spring after the ground has thawed. [ref: "From Asparagus to Zucchini - A Guide to Cooking Farm-Fresh Seasonal Produce (3rd Edition)"]

notes

