

Root Vegetable Salad

Ingredients:

- 2 medium potatoes, cubed
- 4 beets
- 4 carrots
- 1 onion
- 1/4 cup sweet pickle relish, with juice
- 2 teaspoons olive oil

Equipment:

- Cutting board
- Knife
- Saucepan with lid
- Salad bowl
- Small mixing bowl
- Measuring cups
- Measuring spoons

Directions

1. Wash potatoes, beets and carrots and place on cutting board. Leave skins on and cut tops and bottoms off of beets and carrots. Cut all vegetables into bite size pieces so they cook evenly. Place in large sauce pan. Cover with water and bring to a boil.
2. Cover with lid and reduce heat. Boil until tender, about 20 minutes.
3. While root vegetables are boiling, cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop into very small pieces. Add to medium bowl.
4. Mix sweet pickle relish with juice and olive oil to make a dressing and set aside.
5. When vegetables are done, drain and add to medium bowl. Pour dressing over vegetables.

Number of Servings: 8
 Prep Time: 10 minutes
 Total Time: 30 minutes

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Nutrition Facts

Serving Size: 1/2 cup	
Servings: 8	
Amount Per Serving	
Calories 82	Calories from Fat 9
%Daily Value*	
Total Fat 1g	2%
Saturated Fat trace1g	1%
Cholesterol 0mg	0%
Sodium 109mg	5%
Potassium 439mg	13%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	13%
Protein 2g	4%
Vitamin A 203%	Vitamin C 21%
Iron 5%	Calcium 2%

*Percent Daily Values are based on a 2,000 calorie diet.

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