

Shredded Rainbow Salad

<https://www.marthastewart.com/924852/shredded-rainbow-salad>

YIELD: 8 servings

INGREDIENTS:

Dressing:

1 Tbsp mayonnaise
2 tsp Dijon mustard
3 Tbsp apple cider vinegar
6 Tbsp extra-virgin olive oil
Salt and ground pepper – to taste
Worcestershire sauce
Hot sauce

Salad:

2 raw medium beets (any color), trimmed, scrubbed, peeled and quartered
¼ red cabbage, quartered
2 large carrots, scrubbed, peeled and trimmed
¼ white cabbage, quartered
2 pears, stems removed and quartered
1 cup walnut halves, roughly bashed
2 handfuls fresh curly parsley or mint leaves, chopped

INSTRUCTIONS:

1. Mix the mayo, mustard, vinegar, and oil in a small bowl. Season with salt, pepper, Worcestershire and hot sauce.
2. Put coarse grater attachment into a food processor and push ingredients through the feed tube in the following order (to stop the beets from staining everything): beets, red cabbage, carrots, white cabbage, and pears.
3. Turn the vegetables out onto a platter so you get a pile of rainbow colors.
4. Add walnuts and herbs.
5. Toss all ingredients together to combine.

Kate's Tips:

- This salad will keep in the fridge for a few days, but the colors will blend- it will eventually be hot pink!
- If your food processor is small, you may need to do this in batches.
- Pushing beets to the bottom of the bowl with a spatula before adding red cabbage will further reduce staining.
- Make sure to cut your vegetables so they are small enough to fit into the feed tube.
- You could prepare the dressing and, wash/chop/peel veggies ahead, and then put veggies into food processor right before serving.
- Using toasted nuts would further enhance flavor.