

## **FESTIVAL SALAD**

Serves 8

- 900 g (2 lb) beets
- 250 ml (1 cup) shredded red cabbage
- 250 ml (1 cup) shredded carrots
- 4 green onions, thinly sliced (white and green parts)
- 30 ml (2 tbsp) chopped fresh dill or 5 ml (1 tsp) dried dill
- 150 ml (2/3 cup) crumbled Canadian feta cheese
- 60 ml (1/4 cup) red wine vinegar
- 4 ml (1 tsp) dried mustard
- 30 ml (2 tbsp) canola oil
- 30 ml (2 tbsp) water
- 15 ml (1 tbsp) honey
- 80 ml (1/3 cup) toasted sunflower seeds

Optional: salt and freshly ground pepper to taste

Wash beets and cut away the tops and tails. Wrap in foil and bake in preheated 375° F (190° C) oven for about 45 – 60 minutes or until just tender. Unwrap, let cool and peel under running water. Cut into 1-inch (2.5 cm) chunks and place in large glass or ceramic mixing bowl.

Add cabbage, carrots, green onions, dill and feta cheese and stir gently to combine.

Meanwhile, place red wine vinegar in a small bowl. Add mustard and whisk with a fork or small whisk to combine. Add oil, water and honey and continue to whisk. Pour over beets and other vegetables and stir to combine.

Garnish with toasted sunflower seeds.

Note: the flavour improves if this salad is made 6-8 hours before serving and refrigerated.

Nutrients per serving:

Calories: 149	Carbohydrate: 13.6 gr	Calcium: 89 mg
Fat: 9.4 g	Fibre: 2.8 g	Iron: 1.3 mg
Sodium: 202 mg	Protein: 4.4 g	