



Sparkle Kitchen

Rainbow Salad

Ingredients

- 2 medium red beets (raw), trimmed and scrubbed
- ¼ red cabbage, quartered
- 3 medium carrots, trimmed and scrubbed
- 2 summer squash, washed and trimmed
- 2 cups of spinach, washed and chopped
- 2 handfuls fresh parsley, chopped

Dressing Ingredients

- 1 tablespoon mayonnaise
- 2 teaspoons mustard
- 3 tablespoons cider vinegar
- 6 tablespoons extra-virgin olive oil
- Sea salt and ground pepper to taste
- Worcestershire sauce

Directions

Using a grater or the course grating attachment on a food processor, grate the beets, cabbage, carrots and squash. I do this in batches to avoid any mixing.

Mound the various vegetables on a plate — so their colors are distinct.

Combine the dressing ingredients in a jar. Cap with a lid and shake to combine well.

Let everyone appreciate the colors on the plate. Then add the dressing, and let some little hands toss all the colors together.

Serve and enjoy!