

Raw Beet, Butternut Squash and Pecan Slaw

(serves 4 – 6)



Ingredients

1-2 cup chopped pecans (toasted)
2 large beets, peeled
1 pound butternut squash, peeled
1/4 cup roughly chopped flat-leaf parsley (or cilantro)
2 Tbsp extra virgin olive oil
2 Tbsp balsamic vinegar
1 Tbsp maple syrup
2 tsp Dijon mustard
1/4 tsp cinnamon
Kosher salt and fresh black pepper, to taste

Directions

In a small, dry, nonstick frying pan, toast the pecans over low heat for 3-4 minutes, until they are fragrant but not burned. Remove from the pan and set aside.

Cut the beets into chunks that will fit into the feed tube of a food processor fitted with a shredding disc. Shred the beets, and set them in a large stain-proof glass, ceramic or stainless steel bowl.

Cut the squash into chunks that will fit into the feed tube, and shred the squash. Add the squash to the beets, along with the parsley and toasted pecans. Do not toss!

In a small measuring cup, whisk together the oil, vinegar, maple syrup, mustard, cinnamon, and salt and pepper to taste.

Just before you're ready to serve, pour the dressing over the shredded vegetables, and toss gently.

Serve immediately, before the colors have a chance to run.