

Beet and carrot salad

1 beet (large raw, peeled and shredded)

1 carrot (large, peeled and shredded)

¼ cup sunflower seeds

2 tablespoons raisins

1 teaspoon balsamic vinegar

2 tablespoons olive oil

2 teaspoons honey

Ground black pepper

Salt

Place the shredded beet and carrot in a bowl. Add the sunflower seeds, raisins, vinegar, olive oil, honey and salt and pepper to taste. Mix lightly so as to retain the separate red and orange colors. Chill for at least 30 minutes before serving.

Ensalada de Betebel y Zanahoria

1 betebel grande (rallado)

1 zanahoria grande (rallada)

¼ cup pepitas

2 tablespoons pasas

1 teaspoon vinagre balsámico

2 tablespoons aceite de oliva

2 teaspoons miel

pimienta negra

sal

Ponga el betebel y la zanahoria cortados en juliana en un bol. Agregue las pepitas, pasas, y sal y pimienta negra a su gusto. Mezcle los ingredientes suavemente para mantener los colores distintos. Ponga la ensalada a enfriar por 30 minutos antes de servirla.