

Southern VEGGIE GIRL

Ruby Red Salad

3 Cups, Grated Carrots
2 Cups, Grated Beets
1 Cup, Chopped Parsley
2 Red Apples chopped
½ Cup, Dried Cranberries
½ Cup, Coarsely chopped Walnuts (optional)
2 Tablespoons, Sliced Fresh Chives (optional)
Salad Dressing of your choice*
Ground Black Pepper
Seeds from ½ Pomegranate (optional)

Combine the carrots, beets, parsley, cranberries, apples, optional walnuts, and optional chives in a large bowl. Add the salad dressing to taste and stir until the vegetables are thoroughly coated. Season it with the black pepper to taste. Top with the optional pomegranate seeds if desired. Serve immediately.

*Note – I dress this salad with a Balsamic Vinegar (Cranberry Pear or Blackberry Ginger)