

# Fennel & Beet Mint Salad Recipe



Yield: 1 1/3 cups

## Ingredients

1 beet, peeled and grated

1 bulb fennel, grated or finely sliced with a mandolin

1 sprig mint, leaves cut in chiffonade

Juice from half an orange

## Instructions for Adults

Assist with supervision of safe knife handling.

## Instructions for Kids

- While an adult supervises, use a box grater to grate the beet and fennel.
- Tear mint leaves into tiny pieces.
- Toss all the ingredients together in a medium bowl.
- Squeeze orange juice on top and toss again.

Your Sandwich Can Save the World! Food Literacy Curriculum  
© 2021 Food Literacy Center. All rights reserved.  
Do not copy or share without written permission.

Find more recipes at: [www.foodliteracycenter.org](http://www.foodliteracycenter.org)

