



## INGREDIENTS

- 1 Pound Beets (about 2 medium)
- 1¼ Cups Carrots  
(peeled; julienned or diced)
- 3½ Cups Green Cabbage  
(finely shredded)
- ¾ Cup Green Beans  
(cut into 1-inch pieces)
- 1¼ Cups Cauliflower  
(broken into small pieces)
- ½ Cup Frozen Peas
- ½ Cup Red Onion  
(very thinly sliced)
- Salt (to taste)
- 1 Tablespoon Dried Oregano
- 2 Teaspoons Dried Thyme
- 1½ Tablespoons Sugar
- ½ Cup White Vinegar
- ¾ Cup Apple Cider Vinegar

## DIRECTIONS

1. Preheat oven to 375°. Wrap beets in aluminum foil and roast on pan for 60 minutes, or until a knife easily pierces the beet. Set aside to cool.
2. While beets are cooling, bring a pot of salted water to a simmer.
3. Prepare an ice bath: fill a large bowl with cold water and ice. Set aside.
4. Add green beans, peas and shredded cabbage to the simmering water and cook for 3 minutes.
5. Remove from water with a slotted spoon (don't throw out the water) and plunge the bean mixture into the ice bath.
6. Add carrots to the simmering water and cook for 5 minutes, then add cauliflower. Let them cook for a few minutes more until softened. Then drain and add to ice bath.
7. Remove all the vegetables from the ice bath and set aside on clean kitchen towels to drain completely.
8. When beets have cooled enough to handle, peel them by rubbing the outside with gloved hands or using a paper towel, and the skins will slip right off.
9. Dice the beets into small pieces, and add all of the vegetables to a large, non-aluminum bowl. Add the oregano, vinegars, sugar and 1 teaspoon of salt (or to taste). Mix to combine and refrigerate.
10. Stir vegetable mixture after an hour to ensure the vinegar has coated everything. Refrigerate overnight.

## MEAL PATTERN CONTRIBUTION

 Vegetable

## MEAL TYPE

 Snack

## YIELD

8 Cups

## PORTION SIZES

**Toddler:** ½ Cup

**Preschool:** ½ Cup

**School Age:** ¾ Cup

**Adult:** ½ Cup