

# Beet-and-Carrot Slaw Wraps

Serves 5

## Ingredients

- 2 tablespoons fresh orange juice (from about 1/2 orange)
- 1 tablespoon olive oil
- 1 teaspoon red wine vinegar
- 1/2 teaspoon Dijon mustard
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 6 raw beets (about 2 1/2- 3 cups grated), with greens still attached
- 2 carrots
- 2 apples, cored and sliced
- 5 slices cheddar cheese
- 5 8-inch whole-wheat tortillas

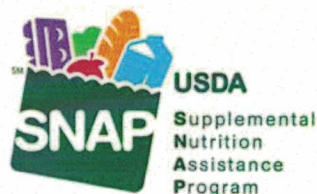


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## Directions:

1. To make the dressing: Put the orange juice, oil, vinegar, mustard, salt, and pepper in a jar, screw the lid on tightly, and shake well.
2. Cut the greens off the beets and pull the leaves from the stems (discard or compost the stems). Wash the leaves, then stack them and roll them. Slice the roll crosswise into thin (1/4 inch) ribbons.
3. Peel the beets and the carrots and shred them using the grater.
4. Put the beet leaves and the shredded beets in the bowl, and toss them with the dressing.
5. For each wrap, put 1/5 of the slaw, 1/5 of the sliced apples, and 1 slice of cheddar cheese inside a tortilla. Roll the tortilla from the bottom up, tucking in the sides as you go. Secure the wrap with a toothpick, if you like, and serve right away.

\*Option: Instead of making a wrap, you can omit the apple, cheese, and tortilla and serve this as a salad!



Recipe Source: Chop Chop Magazine Spring 2013 Edition  
[www.chopchopmag.org/recipes](http://www.chopchopmag.org/recipes)

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