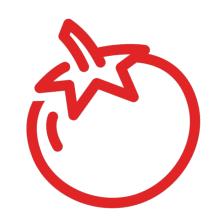
## Fennel & Beet Mint Salad Recipe

Yield: 11/3 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.

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