

## RAW BEET SALAD

2 large carrots grated  
1 large beet, grated  
1 stalk celery, chopped  
1 red or green pepper chopped  
1/2 small onion, chopped  
1/2 c Italian Dressing (on this website)

Combine all veggies in a large bowl.  
Top with Italian Dressing and toss well.

This salad definitely makes the top ten list. Dave Blackie told us that raw beets are one of the best vegetables for us.