

Shredded Rainbow Salad

Source: Jamie Oliver, <http://www.marthastewart.com>

Serves: 8

Ingredients:

- 2 raw medium beets (any color), trimmed, scrubbed, and quartered
- 1/4 red cabbage, quartered
- 2 large carrots, scrubbed and trimmed
- 1/4 white cabbage, quartered
- 2 pears, stems removed and quartered
- 1 cup walnut halves, roughly bashed
- 2 handfuls fresh curly parsley or mint, chopped

For the Dressing:

- 1 tablespoon mayonnaise
- 2 teaspoons mustard
- 3 tablespoons cider vinegar
- 6 tablespoons extra-virgin olive oil
- Sea salt and ground pepper
- Worcestershire sauce
- Hot sauce

Directions:

Put a coarse grater attachment into a food processor and push ingredients through in the following order (to stop the beets from staining everything): beets, red cabbage, carrots, white cabbage, and pears. (If your food processor is a bit small, do this in batches.) Turn vegetables out onto a platter so you get a pile of rainbow colors. Mix the mayonnaise, mustard, vinegar, and oil, then season with salt, pepper, Worcestershire, and hot sauce. Add walnuts and herbs and toss everything together until you get a big, beautiful plate of dressed vegetables.