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Raw Turnip Salad with Dijon Vinaigrette

Salad

- 3 medium turnips, peeled and grated
- 3 medium carrots, peeled and grated
- ½ cup parsley, chopped
- ¼ cup scallions, chopped
- ½ cup sunflower seeds
- ½ cup pumpkin seeds

Dressing

- ⅓ cup olive oil
- 2 tablespoons apple cider vinegar
- 1 clove garlic, minced
- 1 teaspoon Dijon mustard
- Pinch dried parsley
- Pinch dried thyme

Nutrition Facts

5 servings

Calories	310
Total Fat	27g
Saturated Fat	4g
Cholesterol	0mg
Sodium	140mg
Total Carbohydrates	15g
Dietary Fiber	5g
Sugar	6g
Protein	7g

Directions

1. Place all salad ingredients into a large bowl.
2. In a separate bowl, combine dressing ingredients, whisking vigorously to blend.
3. Add dressing to salad mixture; toss to coat evenly. Serve immediately, or refrigerate and serve chilled.

Capital Blue Cross is an Independent Licensee of the Blue Cross Blue Shield Association, serving 21 counties in Central Pennsylvania and the Lehigh Valley.