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Happy February! We always think of Valentine's Day as a bright spot in a dreary month—a bright pink spot, that is! And because here at *ChopChop* we are who we are, pink doesn't mean candy to us, or even flowers. It means beets and berries and radishes, and serving up wholesome meals to the ones we love! Enjoy the color of the season, and make sure to spend some nourishing time with your favorite valentines. That's what we're planning to do here.



Beet and Carrot Slaw Wraps

Root vegetable slaw makes a tasty side dish, but we especially love it in this wrap sandwich, which is a recipe developed by Rachel Morningstar of Las Cruces, New Mexico. It's a perfect winter meal: vibrantly colored and naturally sweet from vegetables that keep well through the cold months.

Hands-on Time: 20 minutes • Total Time: 20 minutes • Makes: 5 servings

KITCHEN GEAR

- Cutting board
- Sharp knife (adult needed)
- Citrus squeezer (if you have one)
- Measuring spoons

- Jar with tight-fitting lid
- Peeler
- Box grater (adult needed)
- Large bowl
- Large spoon
- 5 toothpicks

INGREDIENTS

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

INSTRUCTIONS

1. To make the dressing: Put the orange juice, oil, vinegar, mustard, salt, and pepper in the 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 carrots, then shred them using the grater.

4. Put the beet leaves and the shredded beets and carrots in the bowl, add the dressing, and toss to mix.
5. For each wrap, put some of the slaw, some 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.

DID YOU KNOW? Beet greens (the leafy part of the beet plant) are often discarded, but they're really delicious, and they add to the nutritional power of this recipe.



Raspberry Lemonade

Need a pink drink to wash down that pink wrap? We've got just the one! Fresh

lemonade tinted pinkly delicious with raspberries.

Hands-on Time: 15 minutes • Total Time: 15 minutes • Makes: 6 servings

KITCHEN GEAR

- Cutting board
- Sharp knife (adult needed)
- Measuring cup
- Medium bowl
- Wooden spoon
- Strainer (if you like)
- Pitcher
- 6 glasses

INGREDIENTS

- 1 lemon, scrubbed
- 1 1/2 cups fresh (or thawed unsweetened frozen) raspberries
- 1/4 cup honey
- Pinch salt
- 6 cups cold water
- Ice cubes

INSTRUCTIONS

1. Cut the lemon in half lengthwise from end to end. Put each half cut side down on the cutting board, then cut each half into thin slices.
2. Put the lemon slices, raspberries, honey, and salt in the bowl and use the wooden spoon to mash them really hard until the lemons and

raspberries give up their juice and it mixes with the honey, about 2 minutes.

3. You can keep the solids in your lemonade or, if you like, strain them out: Put the strainer over the pitcher, pour in the lemon mixture, and use the wooden spoon to mash it and release as much liquid as possible. Throw away or compost the solids.
4. Add the water and stir to blend, then pour the lemonade into ice-filled glasses, or cover and refrigerate up to 3 days.



Video lesson

[Both of this month's recipes call for fresh lemon juice. Here's how to use a lemon squeezer!](#)



Conversation starter: Pink by association

- Do you associate the color pink with a particular flavor?
- If someone gave you a scoop of pink ice cream, what flavor would you guess it was? What about a piece of pink chewing gum? A glass of pink juice?
- If pink were actually a flavor, do you think you'd like it?

Craving more pink?

Try these recipes!

[Jenny's Strawberry-Almond Milkshake](#)

[Beet Tsatsiki](#)

[Rhubarberry Mash](#)

[Rad Radish Salad](#)



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