



RAW BEET SALAD

Makes 4 generous servings.

This beet salad is nutritious, easy to prepare and delicious.

INGREDIENTS

- 5 medium beets
- 1 tart apple
- 3 scallions
- 2–3 tablespoons extra-virgin olive oil
- 2–3 tablespoons lime juice
- 1 tablespoon Dijon mustard
- 1 cup loosely packed flat leaf parsley, coarsely chopped
- Kosher salt
- Freshly ground black pepper

PREPARATION

1. Peel the beets, cut into quarters to fit into the tube of a food processor.
2. Grate in a food processor fitted with the medium grating attachment. Transfer to a bowl.
3. Peel the apple, core, quarter and grate as well. Add to the beets. Thinly cut the scallions into rounds including most of the green parts. Add to the bowl along with the olive oil, lime juice, mustard, parsley, salt and pepper. Season to taste.