



## Cook, grow, and live healthy.

**Roots for Life** envisions a thriving community where fresh, nutritious food is readily accessible. We work with any individual experiencing food insecurity and local shelters to support the houseless on a path **to cook, live, and grow healthy.**

[www.roots-for-life.org](http://www.roots-for-life.org) @rootsforlifedc



# EASY BEET SALAD



### INGREDIENTS

- 6 medium beets (beet root)
- 1/2 small red or white onion, thinly sliced
- 1/4 cup apple cider vinegar
- 3 Tbsp. extra virgin olive oil
- 1/2 tsp. GF caraway seeds
- 1 tsp. pure maple syrup
- 1/4 cup chopped fresh flat leaf parsley
- Sea salt and freshly ground GF black pepper to taste

### DIRECTIONS

1. Place beets in a deep pot, add water up to 1 inch above the beets. Cook approximately half an hour, depending on the size or until you can easily pierce the beet with a toothpick.
2. Drain and cool. Peel the beets and slice into 1/4-inch disks or small cubes. Place beets into a bowl and add onions.
3. Whisk together vinegar, olive oil, caraway seeds, maple syrup, and parsley. Pour the mixture over the beets and gently stir.
4. Season with salt and pepper and cover with plastic wrap. Refrigerate overnight. Bring to room temperature and gently stir before serving.

### WHY ARE BEETS GOOD FOR YOU?

Beets are a good source of many vitamins and minerals, especially fiber. They also contain nitrates, which can improve blood flow and lower blood pressure.

### HOW DO YOU PREPARE BEETS?

Beets can be cooked, roasted, steamed, or grated raw into salads.