

SALADS WITH BEETS

Kale Salad with Beets, Peas & Corn (pictured below left)

Ingredients: served 2

- 1 medium beet
- 1 cup chopped beet greens
- 1 cup chopped kale
- ¼ cup of each: peas and corn (if using frozen thaw first)

Step 1: either dice the beets into long slivers or use a spiral cutter

Step 2: combine the chopped beets greens and kale and add the beet pieces

Step 3: Add the peas and corn – then toss well with the following dressing



Beets add a lot of colour to your food and they are good because of their antioxidant powers. Beet greens supply us with vitamin C, A as well as calcium, iron and a lot of potassium. Some studies show beets are good detoxifiers and rejuvenate the skin. They detoxify the liver, improve its function and protect it from toxins. Betaine is the carotenoid responsible for the ruby red colour of the beet. Betaine is a great antioxidant that enhances athletic performance and improves stamina. It increases lymph activity. Certain unique pigment antioxidants in the root as well as in its top greens have found to offer protection against coronary artery disease and stroke; lower cholesterol levels within the body, and have anti-aging effects.

Honey Garlic Dressing

Put the following in your mini blender and cream:

- ¼ cup apple cider vinegar
- ¼ cup virgin olive oil
- 1 tbsp Dijon mustard
- 1-2 tsp honey
- 1 clove garlic minced

Drizzle this dressing over the salad and serve.

Beet Zucchini Spiraled Salad (pictured below right)

Take 1 beet and 1 large yellow zucchini and cut with a spiral cutter

Put these in a bowl and drizzle with the Honey Garlic Dressing above.

