

Raw Beet Salad

Savannah · 28/09/2024



Prep Time

4

Difficult

Medium

Servings

N/A

Description

This raw beetroot recipe is yummy and nutritious because the nutrition isn't cooked out of the beets. I was looking for a way to use raw beets and found a recipe online. I changed it a bit to use ingredients that I grow and use. Everyone who has tried it liked it. Serve it cold for lunch on a bed of lettuce with boiled eggs on the side.

Ingredients

- - 1 pound beets
- grated - 2 tablespoons balsamic vinegar - 1 tablespoon extra-virgin olive oil - 1 tablespoon finely chopped fresh parsley - 1 large clove garlic
- minced - 2 teaspoons Dijon mustard - $\frac{1}{4}$ teaspoon sea salt - ? teaspoon freshly ground black pepper

Instructions

1. Stir grated beets
2. vinegar
3. oil
4. parsley
5. garlic
6. mustard
7. salt
8. and pepper together in a bowl. Serve immediately or for best results
9. refrigerate for 2 to 3 hours before serving.