



Beet Salad

4 - 6 servings

INGREDIENTS

- 4 - 6 small or medium red or golden beets
- 4 Tbsp olive or neutral oil
- 2 Tbsp balsamic vinegar
- 1 Tbsp honey or maple syrup
- Salt and pepper to taste
- Optional: chives or red onion, thinly sliced

DIRECTIONS

1. Place beets in a large pot, cover with water and bring to a boil. Boil until tender, about 30-45 minutes.
2. Drain the cooked beets, rinse with cold water.
3. Once cool, peel skins with your hands - they should slip right out.
4. Cut beets into cubes.
5. Combine oil, vinegar, honey or syrup and pour over beets. Season to taste with salt and pepper.



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