



# NATURAL SOLUTIONS

*Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare*

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## Quick, Easy, & Good For You

### BEET SALADS

#### Beets Julius Salad

- Cooked & Chilled Sliced Beets
- 2 Thinly Sliced Oranges
- 3 Thinly Sliced Lemons
- Honey to Taste
- Broken or Chopped Walnuts
- Goat Cheese

Combine ingredients in a bowl. Chill.

When ready to serve, add broken walnuts and dollops of goat cheese.

#### Beets Britannia Salad

- Cooked & Chilled Sliced Beets
- 1 Thinly Sliced Onion
- 2 Thinly Sliced Cucumbers
- Sour Cream

Combine ingredients in a bowl. Bind with sour cream. Serve cold.

#### Deep Red Beautiful Beet Salad

- 4 Large Beets
- 1 Rutabaga
- 2 Red Onions, diced
- ¼ tsp Caraway Seeds
- ½ cup Tahini Dressing
- Bragg's Aminos<sup>®</sup> to taste

Peel and matchstick beets and rutabaga. Add other ingredients and serve



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## Textured Beet Salad

- 6 Cooked & Chilled Beets
- 1 Sliced Sweet Vidalia Onion
- 1 Thinly Sliced Cucumber
- 3 Tablespoons Greek Yogurt
- Pinch Of Stevia, Or A Bit Of Guava

Dice Beets. Slice Onion and Cucumber. Mix with Greek Yogurt. Chill. Top with Feta cheese.

## Soft Beet and Carrot Salad

- 8 Fresh Beets with tops
- 8 Fresh Carrots
- 1½ Tbsp. Olive Oil
- 1 tsp Lemon Juice
- 1 tsp Basil
- 3 Hard-Boiled Eggs, chopped (optional)
- 1 Tbsp. Sesame Seeds

Wash beets. Trim bottom of each bulb and cut stems 4 inches from beet bulb top. Mince beet leaves and reserve. Place beets and carrots on steamer rack in pot, and steam 20-40 minutes, until tender (*beets require longer cooking than carrots*). Rinse with cold water, peel, and let cool.

In large bowl, combine oil, lemon juice, basil, oregano, and chopped beet leaves. Reserve.

Dice cooled beets and carrots, or shred in food processor.

Toss all ingredients together in oil until well coated. Serve at room temperature or chilled.