



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Soft Beet and Carrot Salad

- 8 Fresh Beets with tops
- 8 Fresh Carrots
- 3 Eggs
- 1½ Tbsp. Olive Oil
- 1 Tbsp. Sesame Seeds
- 1 tsp Lemon Juice
- 1 tsp Basil



1. Hard boil and chop eggs (optional).
2. Wash beets. Trim bottom of each bulb and cut stems 4 inches from beet bulb top. Mince beet leaves and reserve.
3. 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.
4. In large bowl, combine oil, lemon juice, basil, oregano, chopped beet leaves, and optional egg. Reserve.
5. Dice cooled beets and carrots, or shred in food processor.
6. Toss all ingredients together in oil until well coated. Serve at room temperature or chilled.

Tip: Toss in some walnut chunks or garbanzo beans for beauty, and a healthy protein boost!