



# NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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## Ethiopian-Style Beet and Lentil Salad

### Ingredients:

- 3 med Beets
- Juice of 1 Lemon
- 1 small Jalapeño, *sliced*
- 2 cups Arugula
- 2 cups Cherry Tomatoes, *halved*
- 1 cup Lentils, *sprouted or cooked*
- 1 tsp Minced Ginger
- 1 Tbsp Extra-Virgin Olive Oil
- ½ tsp Minced Garlic
- ½ tsp Minced Rosemary
- ¼ tsp Sea Salt



### Instructions:

1. Preheat your oven to 350°F.
2. Wrap the beets in parchment paper and place on a baking sheet. Bake for 1 hour. Allow the beets to cool enough to handle.
3. Scrub the beets with a paper towel to remove the skin. Discard the skin.
4. Dice the beets, discarding the top roots.
5. Toss the beets, ginger, garlic, rosemary, lemon juice, olive oil, salt, tomatoes, lentils, and jalapeño together in a large mixing bowl.
6. Place the arugula in a serving bowl or on a platter and top with the beet and lentil mixture.

**PRO TIP:** If you buy beets with the greens still attached, you can use the greens just like any other green leafy veggie. They're delicious sautéed with some onion and a little olive oil or tossed into a smoothie or salad. Just make sure to clean the beet greens thoroughly to remove the dirt. ;)