



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Roast Beets

- 3 med. Beets, scrubbed, leaves trimmed (red or gold)
- 3 Tbsp. Olive Oil
- Lemon Juice
- Radicchio (or other greens)
- Water Cress
- Gorgonzola Cheese (or Yogurt Cheese)
- Red Pepper, diced
- Red Onion, ringed
- Cilantro
- Pine Nuts (or Sunflower Seeds)



1. Preheat oven to 375° F.
2. Roll the beets for 2-3 minutes on a flat surface.
(This is to help prevent them from drying out.)
3. Coat beets lightly with oil.
4. Wrap coated beets in aluminum foil, individually.
5. Place on a baking sheet, and roast in the oven until cooked through, approximately 60 minutes.
6. Chill and remove skin. Cut as desired or leave whole.
7. Dress with olive oil and lemon juice.
8. Serve on bed of greens and top with remaining ingredients.