

Beet Salad

Beets with tops removed, (store greens which are very nutritious, in plastic and use within two days)

Onion, (you can use the spring onion or red onion is nice)

Balsamic vinegar with fig or pear flavor infused (Alessi, Italian at whole foods)

Organic Virgin Olive Oil

Oregano flakes

Celtic salt, to taste

Pepper, fresh ground to taste

Scrub the beet root. Quarter and steam in a steamer basket, covered for about 15 minutes until fork tender. Rinse and let cool. Slice into wedges.

Slice thin the onion. Add to a bowl with beets.

Drizzle with olive oil, balsamic. Sprinkle with oregano, celtic salt and freshly ground pepper to taste. Mix and enjoy!