

Beet Salsa

Prep Time: 20 minutes

Cook Time: 25 minutes

Yield: 4 servings (about 2 cups)

Ingredients

1 pound red beets

1 tablespoon vegetable oil

¼ teaspoon kosher salt

1 large jalapeno, seeded & finely chopped

½ red onion, finely chopped

1 tablespoon lime juice

Zest of 1 lime

¼ teaspoon kosher salt

2 tablespoons finely chopped cilantro

Preparation

1. Preheat oven to 400 degrees. Remove tops and roots from each beet.

2. Peel beets and cut into ¼ inch pieces. Toss beets in oil and salt. Place on baking sheet and roast for 20-25 minutes or until tender. Remove from oven and let cool.

3. Combine cooled beets, jalapeno, red onion, lime juice, lime zest, salt and cilantro. Mix well. Refrigerate until serving or serve at room temperature.

Cooks Note: Wear disposable gloves when working with red beets to prevent staining. For a spicier dish, use some of the seeds from the jalapeno.

