

Beets with Sesame Vinaigrette and Cumin

by Dr. Scott Storrie DC, ND.

1 lb smaller beets (to make 2 cups when cooked and sliced)
2 Tbsp extra virgin olive oil
2 tsp toasted sesame oil
3 cloves garlic pressed
3 Tbsp red wine vinegar or lemon juice
2 tsp sesame seeds
pinch Celtic sea salt
freshly ground pepper
1-2 tsp ground cumin (dry roast in pan to accentuate flavor)

Bake beets whole covered for one hour at 350° to seal in the flavour. Cool, then peel and slice beets into bite size. Mix all other ingredients together and mix in with the beets. Beets can be served warm or cold.