

HEALTHY MARINATED BEET AND APPLE SALAD

5 min Prep Time, 25 min Cook Time, 30 min Total Time



Ingredients

- 4 medium Beets
- 1 large Banana Pepper
- 1 Granny Smith Apple
- 1/4 cup olive or avocado oil
- 1/4 cup Red Wine Vinegar
- 1 tsp gluten free worcestershire sauce (use Tamari Sauce with 1/4 tsp apple cider vinegar if vegan)
- 1/4 tsp sea salt and black pepper (each)
- 1/4 tsp dry mustard
- 1/4 tsp onion salt (optional)
- 1/4 cup coconut sugar or raw sugar
- 1/4 cup chopped pecan or walnuts

Instructions

1. First wash your beets.
2. Steam in 2.5 cms water and dash of sea salt for 20 minutes at medium high heat on stove top.
3. Once beets are softened and steamed, you can easily peel them and chop into quarters.

4. Chop your apple and pepper and combine with beets in a large mixing bowl. Set aside.
5. In another small bowl, combine your sugar, salt, and the rest of your seasoning. Set aside.
6. Drizzle oil, vinegar, and tamari or Worcestershire sauce mixture over beets and apples and peppers. Then add in your seasonings and toss all together in mixing bowl.
7. Place in fridge for 8 to 24 hrs. to marinate.
8. Remove from fridge and add pecans or walnuts nuts and any additional seasoning that you desire.
9. Serve and enjoy!

Recipe Type: salad, side dish

Notes

Just add chicken or fish to this for a great healthy complete meal!

You can also add goat cheese for texture/flavor. It's all great!