

## Steamed Beets

- 1 small red onion sliced
- 1 bunch organic beets with tops
- 1 tablespoon of olive oil - 2 tablespoons apple cider vinegar
- 1 tea spoon sea salt
- Parsley to garnish with (about ¼ cup)
- 2 tablespoons organic apple juice (optional)

Wash skins of beets, cut off tops, but leave ¼ inch of red stems of beets (so beets won't bleed in pot).

In boiling water (1 inch water over top of beets), or in a steamer basket, cook beets until soft (about 40 min). You may have to add some more water, if boiling and water becomes too low.

Run over ice cold water and with your hands rub skin off.

Slice red onions thin.

Chop in chunks, or slice thin and toss with olive oil and salt and vinegar. Garnish with parsley.

\*Beets will stay fresh for 4 - 5 days. Refresh with a tablespoon of water.

Recipe by Kathryn Bari (1998).

