



Recipes

Salads

Beet Salad with Fennel and Mint

Prep Time: 20 minutes

Cook Time: 30 minutes

Yield: 6 servings

Ingredients:

2 beets
1 small fennel bulb
1 bunch mint leaves
2 oranges
¼ cup balsamic vinegar

Directions:

1. Place barley, water and salt in a pot.
2. Bring to a boil; reduce heat to low and simmer, covered for 45 minutes.
3. Wash arugula and chop into small pieces.
4. Place sunflower seeds on a cookie sheet and toast for 5 minutes in a 350-degree oven, being careful not to burn them.
5. When the barley is cooked, transfer to a large mixing bowl, add all ingredients and mix well.
6. Add salt and pepper if desired.

Note:

This salad is famous for converting non-beet eaters into beet lovers!