

# Roasted Beets with Toasted Sesame Vinaigrette & Cumin

This is a wonderful detoxifying and chelating dish that tastes delicious, it also makes an excellent cold salad.

Prep Time: 10 min

Cook Time: Boil 15 min, + cool down time, Bake 60 min

Serves: 6-10

-1# beets, preferably medium size, about 2 bunches, with greens (save greens for another recipe)

-3 Tbsp of filtered water

-4 Tbsp organic extra virgin olive oil

-2 tsp toasted sesame oil

-3 garlic cloves, pressed

-2 Tbsp red wine vinegar (can use 2 Tbsp fresh lemon juice)

-2 tsp sesame seeds, plus extra for garnish (optional)

-1/2 tsp freshly ground Flower of the Ocean or Celtic sea salt to taste

-1/2 tsp freshly ground pepper to taste

-1-2 tsp ground roasted cumin

In a large pan, bring 1-2 gallons of water to boil (the more the better as it retains the heat), when there is an active boil, add whole beets and boil for 15 minutes. Drain and put immediately into cold water, can add ice cubes. Drain when beets are cool.

Preheat oven to 360 degrees. Peel whole beets, place in cover glass container, add 3 Tbsp of water and bake for 1 hour.

Take out of oven, leave covered and let cool about 20 to 30 minutes until the beets are very warm but not burning hot. Mix the olive oil, sesame oil, pressed garlic, vinegar or lemon juice, sea salt, pepper, and toasted cumin, set aside. Slice beets in 1/2 length wise, then into . to . inch slices, pour mixture over warm beets, toss and dress with sesame seeds.

Serve in 1/2 hour to marinade to let cool down and store in the refrigerator for up to 5-7 days.

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