

## ROASTED GOLDEN BEET SALSA

*Susan Denzer, Chef and Culinary Consultant*

*Love + Craft Kitchen*

*www.loveandcraftkitchen.com*

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Photo: Love + Craft Kitchen

Change up your salsa routine with this sweet and savory number offering warm, clean flavors and a little kick of heat.

Golden beets are generally milder and sweeter than earthy dark red beets, but this recipe is equally delicious with any type. To make a more seasoned Southwestern version, add 1/8 - 1/4 teaspoon ground cumin and/or chili powder.

Serve it as an appetizer scooped onto chips or crackers, or as an accompaniment to whole grains, fish, chicken or pork. The recipe could also be doubled or tripled to use as a salad.

Makes approximately 2 cups salsa

### INGREDIENTS

3 - 4 small golden beets, peeled, small diced (about 1/4 inch)

1 tablespoon avocado oil (or other high heat healthy oil)

1/8 teaspoon kosher salt

1/8 teaspoon fresh ground black pepper

1/2 jalapeno pepper, finely minced (about 1 tablespoon; more if desired)

1 small clove garlic, minced (about 1/4 - 1/2 teaspoon)

1 tablespoon small diced green onions

1/4 cup small diced Honeycrisp apple (or other apple of choice)

1/4 cup chopped fresh cilantro

1 tablespoon lime juice

1 tablespoon extra-virgin olive oil

1/4 teaspoon kosher salt

1/8 teaspoon fresh ground black pepper

### DIRECTIONS

#### Roast Beets:

1. Preheat oven to 425° F. Line a baking sheet with parchment paper.

2. Peel and dice the golden beets into small pieces (about 1/4 inch). Place diced beets into a mixing bowl, add oil, salt and pepper. Mix to coat thoroughly. Spread onto prepared baking sheet and place into the oven.

3. Roast for 20 - 30 minutes, until beets are soft when poked with a knife or fork yet hold their shape well. Remove from oven and cool completely.

Prepare Salsa:

4. In a large mixing bowl, place the cooled beets, jalapeno, garlic, green onions, and apple. Mix gently to combine.

5. Add the lime juice, olive oil, salt and pepper. Stir to combine and coat. Cover and chill in the refrigerator for at least 30 minutes, or up to 1 day.

6. When ready to serve, stir to combine once more and transfer to serving dish. Serve as desired - with crackers or chips for an appetizer, or as an accompaniment to whole grains, fish, chicken or pork. Garnish with additional fresh cilantro and/or green onions, if desired.

NOTE: The beets may be roasted up to 3 days in advance of assembling the salsa, then cooled, covered and stored in the refrigerator. The salsa can be assembled up to 1 day in advance of serving.



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