

Steamed Beets With Olive Oil And Lemon Juice

From "Eat Raw, Eat Well," by Douglas McNish. A thick, rich and tangy dressing. Great as a salad dressing or dipping sauce for vegetables.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 5 mins

Cooking time: 15 mins

Category: Side dishes and appetizers

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked



Ingredients

Beets, cooked from fresh	4 each - 2" diameter
Beet greens, cooked	1 cup
Olive oil	0.5 tablespoon
Lemon juice, fresh	2 teaspoon
Salt, sea salt	0.5 teaspoon

Instructions

For this recipe I buy a bunch of fresh beets and use the beets, stems and beet greens.

1. Clean and cut beets and beet greens. I usually quarter the beets and cut the stems and greens into 1-2 inch pieces.
2. Cook beets, stems and beet greens in a steamer (or boil with water that barely covers beets, but keep an eye on the water amount while cooking), for about 10 - 15 minutes.
3. Remove beets from pot (drain if boiled) and place in serving dish or glass storage container. Add oil and freshly squeezed lemon juice. Add salt to taste.
4. Leftovers can be stored in the fridge for up to 3 days and served cold.