



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

GRILLED BEET SALAD

Time: 30 minutes

Serves: 4

Ingredients:

8 beets – peeled and sliced 1/4" thick
1 tablespoon extra-virgin olive oil
1 tablespoon cider vinegar
½ teaspoon fresh mint – finely chopped
1 dash kosher salt
1 dash fresh ground black pepper
1 red apple – cored and diced

Preparation:

Preheat your barbecue grill on low.

Toss the beets with the olive oil to coat them, then place each slice on the grill so that the pieces do not touch. Cook the slices for ten minutes then carefully turn them over and cook for an additional ten minutes.

While the beets are grilling, stir together the vinegar, mint salt and pepper. Add the apple to this mixture and toss immediately after dicing it.

Plate the beets and surround them with the dressed apple pieces, serving immediately.

Nutritional Information Per Serving:

Calories: 120
Fat: 4g
Carbs: 21g
Fibre: 6g
Protein: 3g