



Beet and Apple Salad

Ingredients:

1 beet
1 apple
sprig of fennel or dill frond
1 tsp lemon juice
1 tsp honey

Instructions:

1. Mix honey and lemon juice.
 2. Core apple and dice into small pieces.
 3. Mix apple with lemon & honey mixture.
 4. Grate beet and mix into the apple.
 5. Slice or break the fennel or dill into small pieces and sprinkle over.
-

Scalloped Beet and Potato

Ingredients:

1 beet
1 potato
1/2 cup whole milk
pinch of salt
1 tsp olive oil
1/4 cup cheddar

Instructions:

1. Heat oven to 350 degrees F.
 2. Using the oil and a wad of paper towel or paintbrush - Grease a small heatproof dish or loaf pan.
 3. Slice beet and potato into very thin slices.
 4. Layer alternately in a greased dish, sprinkling each layer with milk, cheese and salt.
 5. Cover with foil.
 6. Bake until very tender, so a fork slides in easily (approximately 35 minutes).
-

Beet and Orange Smoothie

Ingredients:

1/2 beet
2 oranges
tiny piece of root ginger

Instructions:

1. Cut beet into small pieces and place in a blender.
2. Add ginger.
3. Peel oranges, slice and remove any seeds and place in a blender also. Blend on high for 1 minute.
4. Pour into an icy glass for luxury!

