

FOOD FOR LIFE RECIPE OF THE WEEK

PCRM Physicians Committee for Responsible Medicine

RECIPE OF THE WEEK | Beets with Mustard Dressing

This simple beet recipe is a delicious way to serve this vibrant and colorful root vegetable. Beets have a natural sweetness and are a wonderful source of iron!

Ingredients

Makes 20 slices

- 4 medium beets
- 2 tablespoons lemon juice
- 1 tablespoon stone-ground or Dijon mustard
- 1 tablespoon cider vinegar
- 1 teaspoon sugar or other sweetener
- 1 tablespoon fresh dill weed, or 1 teaspoon dried dill weed

Directions

Wash beets and cut off the tops. Peel beets, cut into 1/4" slices, and steam over boiling water until tender, about 20 minutes. Remove from heat and place into a serving dish.

Combine lemon juice, mustard, vinegar, sugar or other sweetener, and dill. Pour over beets and toss to mix. Serve hot or cold.

Per serving (5 slices): 31 calories; 0.2 g fat; 0 g saturated fat; 9.1% calories from fat; 6.8% calories from fat; 0 mg cholesterol; 1 g protein; 6.9 g carbohydrates; 5.9 g sugar; 1.2 g fiber; 84 mg sodium; 13 mg calcium; 0.5 mg iron; 3.9 mg vitamin C; 20 mcg beta carotene; 0.1 mg vitamin E

Source: *New Century Nutrition*

Please feel free to tailor PCRM recipes to suit your individual dietary needs.