



Beet Salad

Recipe courtesy of Kay Karim, The Iraqi Family Cookbook

Serves 6

Note: Beets are a winter root vegetable. Try to buy the beets with the green tops attached to ensure sweet flavor and freshness. This beet salad will keep in the refrigerator for a week.

3 pounds fresh beets, rinsed and scrubbed, ends removed
1 teaspoon kosher salt, divided
1/3 cup apple cider vinegar
2 cloves garlic, sliced
2 tablespoons chopped fresh Italian parsley leaves

Place the beets in a pot, add water to cover plus 1/2 inch and add 1/2 teaspoon salt. Bring to a boil. Reduce heat to medium, and cook, half covered, until the beets are tender, 30 to 45 minutes. Test for tenderness by piercing with a fork; the beets are done when easily pierced.

Remove the beets from the water and let cool. Peel the beets, cut them into 1/4-inch slices, then cut the slices in half. Place the slices in a bowl.

Place the vinegar, garlic, and remaining 1/2 teaspoon salt in a small bowl and mix well. Add the dressing to the beets and toss well to coat. Garnish with the chopped parsley.

