



Beets in Mustard Sauce

1 pound red beets
3 tablespoons prepared mustard, preferably Dijon
3 tablespoons red wine vinegar
2 tablespoons extra virgin olive oil
1 medium onion, chopped
Salt to taste

Cut the green tops off the beets, leaving 1 inch of stems attached. Place the beets in a pot of cold water to cover, bring to a boil, reduce heat, and boil until the beets can easily be pierced through with a sharp knife, 45-60 minutes depending on their size.

Meanwhile, put the mustard in a bowl and whisk in the vinegar. Then whisk in the olive oil in a steady stream until the sauce is smooth and creamy. Add the onions.

When the beets are done, drain them, and submerge them in several changes of cold water until they are just cool enough to handle. Cut off the roots and tops, slip the skins off, and slice the warm beets into the mustard sauce. Mix well, cover, and let marinate in the refrigerator for at least 24 hours. Before serving, mix well and add salt if desired.

Serves 4. *Per serving: 116 calories, 7 grams fat, 12 grams carbohydrate, 141 mg sodium, 0 mg cholesterol, 3 grams fiber.*

Adapted from our “Cookbook of the Quarter,” *The Healthy Kitchen: Recipes For A Better Body, Life, and Spirit* by Andrew Weil, M.D. and Rosie Daley, available at Barnes & Noble discounted 20% through September at the Asheville location.

This beet recipe is a great alternative to Harvard beets or pickled beets, which tend to be high in sugar and sodium, respectively. Beets are the perfect example of how rich color translates to an abundance of nutrients.

When storing beets remove all but two inches of the tops. Remember that beet greens also make a tasty nutritious dish.

Your Partners in Health,
Candace and Lucy