

# Recipe

## SLOW ROASTED RAINBOW BEET SALAD

### THE GOODS:

Serves 4

- 3 medium beets
- 3 tablespoons olive oil
- 1/2 teaspoon sea salt
- 1/4 teaspoon pepper
- 1 tablespoon dried rosemary
- 1 tablespoon apple cider vinegar
- 1/4 cup sprouted sunflower and/or pumpkin seeds

### THE METHOD:

Peel and dice beets into bite-sized pieces. In a shallow glass container or bowl, toss diced beets with olive oil, sea salt, pepper, dried rosemary, and apple cider vinegar. Let marinate covered anywhere from 1 - 8 hours at room temperature.

Preheat oven to 345°F and line a baking sheet. Spread the marinated beets onto the sheet and let roast slowly for an hour and a half.

When ready to serve, toss with sprouted sunflower and/or pumpkin seeds.

*Boulder Nutrition*