

Sesame Beets

From – *Moosewood Restaurant Low-Fat Favorites*

1 lb beets
2 tbs fresh lemon juice
1 to 2 tsp cider vinegar
1 tbs toasted sesame seeds*
2 tbs. Minced onions or scallions
1 tsp sugar
salt and ground black pepper to taste

**Toast sesame seeds on an unoled baking tray in a conventional or toaster oven at 350 degrees for 2 to 3 minutes, until fragrant and golden brown.*

- Trim the leaf stems of the beets to about an inch (see note).
- Scrub the beets and place them in a pot with water to cover.
- Bring to a boil then lower the heat – cover and simmer for about 30 to 40 minutes until tender and easily pierced with a sharp knife.
- Drain and rinse with cold water until cool enough to handle.
- Remove and discard the skins (which should slip off easily) and slice the beets into a bowl.
- Toss with the lemon juice, vinegar, sesame seeds, onions or scallions, and sugar.
- Add salt and pepper to taste.
- Chill thoroughly for about 30 minutes and serve.

Note: Beet greens are delicious, so save them and use them later – raw in a salad or lightly steamed as a side dish. Be forewarned that beet juice will stain your cutting board, your hands and your clothing. If you aren't crazy about fuschia, you may wish to cover your cutting surface with waxed paper and wear latex or plastic gloves.



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