

Beet and Orange Salad

Beets are helpful in moving the liver qi, and the sour flavor of citrus fruits helps to nourish the liver.

Salad:

1 lb. fresh small beets
2 oranges, peeled and sectioned
12 oz. mixed baby greens
¼ cup almonds, lightly toasted

Dressing:

2 tsp. freshly grated ginger
1 Tbsp. freshly squeezed lime juice
¼ cup freshly squeezed orange juice
2 Tbsp. extra virgin olive oil
1 Tbsp. finely chopped fresh mint
1 tsp. salt

Cut the tops off the fresh beets and scrub thoroughly. Place whole beets in a baking pan, drizzle with olive oil and bake at 350 degrees for 1 hour or until the beets are easily pierced with a fork. Remove from the oven and allow to cool.

Under cool running water, peel the beets with a sharp knife. Slice beets thinly and set aside.

While beets are baking, combine the dressing ingredients in a blender and blend until smooth. Taste for salt, and add more if desired.

Place a bed of greens on each of 4 serving plates. Divide beets and orange sections between the 4 plates. Drizzle each plate with ¼ of the dressing. Top with toasted almonds. Serve immediately