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LARISSA TABORYSKI

GOLDEN & RED BEET SALAD

STEAM MODE

Ingredients:

- 2 - medium golden beets
- 2 - medium red beets

Salad ingredients:

- 1 - head butter lettuce, rinsed and dried
- 1 - tablespoon snipped chives
- ¼ - cup olive oil
- 4 - tablespoons golden Balsamic vinegar
- 1 - teaspoon Dijon mustard

Steamed beets make a wonderful addition to green or grain salads and are very easy to prepare in the Steam Oven. When choosing beets for steaming try to use beets of a uniform size, begin by gently washing the beets to remove any dirt then place them in the perforated pan nested over the solid pan. This is really important to avoid the red beet juice staining the oven.

Preparation:

Preheat the oven in the Steam Mode.
Remove the beet tops and rinse the beets clean to remove any dirt.

Place the beets in the perforated pan nested over the solid pan and steam for 30 - 40 minutes until very tender.

While the beets are steaming, set up your work space so you can easily peel the red beets without staining everything around you. A low sided metal baking pan is ideal, or a cutting board covered in plastic wrap.

Once the beets are cooled begin by sloughing off the skin of the golden beets with a sharp knife then set aside.

To avoid staining your hands wearing disposable gloves is a good idea when handling the red beets.

Once the beets are peeled and sliced they are ready to be combined with the salad.

Salad Preparation:

Combine the ingredients for the dressing, toss the lettuce leaves



with just enough dressing to coat, carefully fold in the golden beets and add a little more dressing if needed.

Sprinkle the chives over the salad and add the sliced red beets.

Serves 4

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