

# Lebanese Beet Salad

*Rated moderately difficult because you have to cook and peel the fresh beets. Delicious and worth the time*

*This is a traditional salad that has convinced many a person who believes they hated beets otherwise. It tastes best the next day, but will still get rave reviews after only 2 hours of marinating.*

*Pomegranate molasses or paste can be found in specialty food shops. Or else you can reduce 1½ cups of pomegranate juice to 1/3 cup.*

2 lbs	fresh beets, trimmed
1/2 cup	fresh parsley, chopped
1/3 cup	pomegranate molasses/paste
3 Tbs	extra-virgin olive oil
2 Tbs	onion, small dice
1 Tbs	fresh lemon juice
2 tsp	fresh mint leaves, chopped
2 tsp	garlic, minced
1/4 tsp	salt
As needed	salad greens
As needed	fresh mint leaves

## Procedure

- Boil the beets until a pointed knife easily pierces to the center of the largest beet—approximately 40 minutes, depending on the width of the beets. Drain and cool until comfortable to handle.
- Peel the beets by scraping with a paring knife. Cut into 1” cubes.
- In a bowl whisk all the other ingredients together. Add the beets and toss.
- Allow to marinate at room temperature for 2 hours. Serve then or refrigerate and serve the next day.
- Serve over greens and garnish with some fresh mint.

**Yield: approximately 2 lbs**