

Beet, Parsley, and Farro Salad

1 bunch beets
2 c. cooked farro or wheat berries
1 small chopped onion or 2 chopped garlic scapes
½ bunch parsley, chopped
Juice and zest of 1 orange
Juice and zest of 1 lemon
¼ c. olive oil
Salt and pepper to taste

Remove tops from beets and reserve for another use. Boil beets until tender, then peel and slice. Mix all ingredients together and season with salt and pepper.

Mediterranean Beet and Yogurt Salad

NY Times Recipes for Health

http://topics.nytimes.com/top/news/health/series/recipes_for_health/index.html

4 medium sized beets, roasted
1 ½ T. sherry vinegar, white wine vinegar, or cider vinegar
2 T. extra virgin olive oil
salt and pepper to taste
1-2 cloves garlic
½ c. thick Greek style yogurt
2 T. minced dill

Roast the beets, peel and cut in wedges or slice into half-moons. Stir together the vinegar, sugar, olive oil, and salt and pepper to taste. Toss with the warm beets and allow to marinate for 2-3 hours.

Place the garlic in a mortar and pestle, add 1/8 t. salt, and mash to a paste. Stir into the yogurt. Stir in half the dill. Add salt and pepper to taste. Drain the beets and stir some of the marinade into the yogurt (to taste). Toss with the beets, or arrange the beets on a platter and drizzle the yogurt over the top. Sprinkle on the remaining dill, and serve.