

# GOLDEN BEET, GINGER, TURMERIC VINAIGRETTE

**Serving size: 1 fl oz**

**Makes 21 servings**

- 3 each Golden Beets, fresh, greens removed
- 1 tsp Canola Oil
- ½ tsp Turmeric, ground
- ½ cup Apple Cider Vinegar
- 1 ½ TBSP Honey
- ¼ tsp Cayenne Pepper
- ¼ cup Orange Juice
- ¾ tsp Kosher Salt
- 2 TBSP Ginger Root, fresh, minced
- ¼ cup Canola Oil

## Preparation:

1. Wash golden beets with a vegetable brush. Toss beets with oil. Wrap beets with foil. Place on a sheet tray and roast in a 350°F oven until very tender (easily pierce with a fork), about 1 hour.
2. Cool, then peel beets. Discard peel.
3. In a blender, combine beets with turmeric, apple cider vinegar, honey, cayenne, orange juice, salt and ginger. Blend until very smooth.
4. Continue blending while streaming in oil. Blend until incorporated and emulsified.
5. Store in refrigerator up to one week.

*Registered Dietitian Approved!*

NUTRITION FACTS PER SERVING	
calories	40
<b>total fat (g)</b>	3
saturated fat (g)	0
trans fat (g)	0
<b>sodium (mg)</b>	80
<b>total carbohydrate (g)</b>	3
dietary fiber (g)	0
sugar (g)	3
<b>protein (g)</b>	0