

Vegan Seaside Beet Salad

Ingredients

- 2 large beets (about 1.5 lb. total)
- 1 large jalapeño
- 1 clove of garlic
- 1 tbsp. sesame oil
- 2 tbsp. soy sauce
- Juice from 2 small limes
- 1 tbsp. dulse
- 2 tsp. red wine vinegar
- ½ small onion
- 1 cup of loosely packed cilantro

Steps

1. Place the beets in a pot and cover with water. Put on the stove on high, and bring the water to a boil. Once it boils, let it cook for 3 minutes before taking off the stove and draining the liquid. Once the beets are cool enough to handle, peel and grate them. Set aside.
2. Mince the jalapeño and garlic and place in a small bowl. Juice the limes into the same bowl. Add the sesame oil, soy sauce, dulse and red wine vinegar and whisk well.
3. Mince the onion and chop the cilantro finely. Place the beets, cilantro, onion and sauce in a large bowl and toss to mix thoroughly. Taste and adjust the seasonings as needed. Serve right away, or refrigerate for later use.

