BEETROOT SALAD

From our kitchen garden: beetroot leaves

NOTES TO STUDENTS and VOLUNTEER:

1. Work as a group to make this recipe.
2. Thoroughly wash the beetroot leaves.
3. Focus on your knife skills when cutting the vegetables.

EQUIPMENT
Chopping board
Small knife
Salad spinner
Can opener
Strainer
Large bowl
Small bowl
Whisk
Measuring spoons
Measuring jug
Serving bowls
Salad servers

INGREDIENTS
Basket of beetroot leaves
1 large can of baby beets

Dressing
3 tablespoons of balsamic vinegar
¼ cup extra virgin olive oil
Garnish with sunflower seeds

WHAT TO DO

• Carefully wash and gently spin the beetroot leaves in the salad spinner.
• Tear leaves with your fingers into bite sized pieces and place in a large mixing bowl.
• Open the tin of baby beets and strain off the juice.
• Cut the beets into quarters and place in a small bowl.
• Make the salad dressing by combining the olive oil and balsamic vinegar.
• Divide the beetroot leaves into the serving bowls, top with the baby beets and drizzle over the dressing. Garnish with sunflower seeds
• Serve immediately. Don’t forget the salad servers!