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Raw Beet Salad

Adapted from markbittman.com

Yield: 4 servings Time: 20 minutes

Ingredients:

1 to 1 ½ pounds **organic beets**, preferably small
2 large shallots
Salt and freshly **ground black pepper**

teaspoons **Dijon mustard**, or to taste
1 tablespoon **extra virgin olive oil**
2 tablespoons **sherry** or
other **white balsamic vinegar**
1 sprig **fresh tarragon**, minced
1/4 cup chopped **flat leaf organic parsley** leaves

Directions:

1. Peel the beets and shallots. Combine them in a food processor and pulse carefully until the beets are shredded; do not purée. (Or use grating disc to process the beets and mince the shallots by hand, then combine.) Scrape into a bowl.
2. Toss with the salt, pepper, mustard, oil and vinegar. Taste and adjust the seasoning. Toss in the herbs and serve.

4 KEY WAYS BEETS CAN RADICALLY TRANSFORM YOUR HEALTH.

Unique for their phytochemicals, beets have powerful substances that convey a message to your cell's genes (DNA) to direct them to make other crucial compounds that support and protect your body. The nitrates in beets are converted to nitric oxide, also known as a "miracle molecule," because it serves a super protective role in overall wellness, especially cardiovascular health!

Maintain healthy blood pressure levels. The American Heart Association journal, *Hypertension*, revealed that after 1 hour of consuming 2 cups of beetroot juice, blood pressure was lowered; after 3-4 hours, **blood pressure was substantially reduced!**

Neutralize free radicals to fight the effects of premature aging! Antioxidants neutralize free radicals that can cause damage to the body's cells and their DNA, related to premature aging.

Get more of the "miracle molecule" Nitric Oxide in your system. The nitrates in beets are converted to Nitric Oxide, also known as a "miracle molecule", because it **serves a super protective role in overall wellness, especially cardiovascular health!**

Boost endurance & stamina. The journal, *Medicine and Science in Sports and Exercise*, showed cyclists who drank 500 ml of beetroot juice before their ride rode up to 20% longer & boosted performance up to 15%.

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