



## Lentil and Beet Salad



- ♥ ½ cup of green lentils (washed, rinsed, and drained), better if soaked for 20-30 minutes.
- ♥ 1 big white or purple onion, peeled and sliced Julienne style (long and thin pieces).
- ♥ 3 medium-size beets, washed well.
- ♥ Soft goat cheese (plain Chèvre is great)
- ♥ Olive oil (for roasting and serving)
- ♥ 1 tbsp. balsamic (I usually use fig balsamic)
- ♥ Salt
- ♥ Pepper
- ♥ A handful of finely chopped Italian parsley

1. Preheat the oven to 350 degrees.
2. Place aluminum foil in a baking pan or Dutch oven and on top, place parchment paper, enough to cover the beets all around.
3. Place the sliced onion and the well-washed beets in the pan.
4. Drizzle some olive oil and salt.
5. Cover with the parchment paper, and hold it tight with the aluminum foil, so it is sealed all around.
6. Bake for about 90 minutes.
7. Meanwhile, in a saucepan, cook the lentils with a dash of salt until soft enough but not falling apart. Drain any remaining water not absorbed by the lentils.
8. When beets and onions are soft, aromatic and caramelized, cool a bit and peel the beets.
9. Slice or cube the beets and place them with the onion in a serving bowl.
10. Add the lentils and mix well.
11. Top with goat cheese.
12. Drizzle olive oil, add salt and pepper as desired.
13. Garnish with the parsley.
14. Serve and enjoy.

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