

Dark Rye Bread Appetizer with Roasted Beet-Apple Salad (Vegan)

- 1 Small loaf Dark Rye Bread (whole grain, wheat free)
- 2 Small red beets, roasted and peeled
- 1 Medium to large apple, washed, peeled, and cored
- 1 Lemon, juiced
- Salt & pepper to taste (optional)
- Sugar to taste (optional)
- 1 Small glove of garlic, chopped fine (optional)
- Goat cheese (optional, non-vegan)

Wash the beets with peel and wrap in foil (beets can “share” their foil if they are the same size and require the same amount of time to cook through).

Place the beets on a baking sheet or a pan, and bake at 395°F for an hour. Bake beets until knife pierces the beet easily. If using larger beets, baking time should be increased accordingly. Cool beets fully.

Slide the peel off the beets and cut off the top. Shred beets and apple in food processor, transfer to a bowl and mix; season with lemon juice. Optionally, add salt, pepper, sugar and garlic to taste.

Sugar helps enhance the sweetness of roasted beets. Garlic and pepper add a bit of kick to the salad.

You may want to prepare the beets a day ahead in order to save time.



ATLANTA BOTANICAL GARDEN

Recipe by Edible Garden Chef Tiina D’Souza, Estoetno Fine Bakery