



EAT YOUR BEST.  
LESS SALT.  
MORE PLANTS.



# MARINATED BEETS & PEAR

WITH CHERMOULA, GREEN LENTILS & PEPITAS

## INGREDIENTS

- 5 large beets
- 6 tbsp olive oil, divided
- 3 tbsp red wine vinegar
- 1/2 tsp kosher salt
- 1/2 tsp ground black pepper
- 1 bunch parsley
- 2 1/4 cups water, plus extra
- 3/4 cup dried green lentils
- 1 bunch cilantro
- 3 cloves garlic
- 5 tbsp lemon juice
- 1 tsp cumin
- 1 tsp cayenne
- 1 tsp paprika
- 30 g pepitas
- 2 bartlett pears

MAKES 6 SERVINGS

## METHOD

- 1** Wash and trim beets; add to a roasting pan. Fill pan with 1/2 inch of water; cover tightly with foil. Roast for 400°F for 45 minutes-1 hour. Peel beets with towel while hot, allow to cool and slice into bite-size pieces.
- 2** Toss beets with 2 tbsp olive oil, red wine vinegar, salt and pepper. Refrigerate in marinade at least 2 hours before serving.
- 3** Add water to pan and bring to a boil; add lentils, cover and reduce heat to a simmer for 15-20 minutes. Strain and run lentils under cold water when done cooking.
- 4** Combine cilantro, parsley, garlic, lemon juice, cumin, cayenne, paprika in a food processor and blend. Add 4 tbsp olive oil and pulse until well-combined.
- 5** Cut pears into bite size pieces, and assemble salad. Top salad with optional greens: watercress, mache or arugula.

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**NUTRITION FACTS:** Calories 290 Total Fat 14g Sodium 230mg Fiber 6g Protein 8g