

Kristy's Beet & Zucchini Salad

recipe by Kristy Kilik

A tasty salad that is different.

2 cups golden or regular beets cooked, chopped (see notes)

1 cup of baby zucchini, sliced

½ cup cucumber, sliced

½ cup crumbled feta cheese

Juice of 1 lemon or 1 ½ tbsp lemon juice

2 tbsp extra virgin olive oil

¼ cup fresh dill, chopped

Sea salt to taste

Pepper to taste

Directions:

Add everything together and mix well.

NOTES: You can roast the beets, or boil them. To cook beets, wash and leave the root and at least 1 inch of the top on when cooking. Once tender, drop into cold water and then peel. This keeps the colour, the flavour and makes peeling much cleaner and easier.