

WHAT'S COOKING? *Nutritional Series*

RECIPES & INFORMATION FOR LIVING A HEART-HEALTHY LIFESTYLE



DR. SINATRA'S

BEET & CARROT SALAD

I love beets because they are cardio-protective and [cancer-preventative](#). Not only can eating beets help us [detoxify](#); making them a regular part of our diets can help us maintain healthy [blood pressure](#) and [cholesterol](#) levels. Full of insoluble fiber, beets are also rich in [phytonutrients](#) called betalains, which give them their characteristic magenta color and provide us [antioxidant](#) and detoxification support. Additionally, beets contain significant amounts of folate, potassium and vitamin C.

Beets are best eaten as raw as possible (to retain nutrient content), and with a little [healthy fat](#) like [olive oil](#) or [avocado](#) to help slow down release of insulin (beets are high in natural sugar). Adding [fresh ginger and/or garlic](#) to this salad not only lends piquant flavor, but enhances its anti-inflammatory potential. I recommend tasting it first with just the ginger, then adding garlic and thyme, to taste, if you like.

- 4 to 6 medium-sized beets, peeled & cut into chunks
- 2 medium organic carrots, peeled and cut into 2-inch rounds
- 5 Tbsp orange juice
- Juice of 1 lemon
- 2 Tbsp extra virgin [olive oil](#)
- 1 teaspoon apple cider vinegar
- 3 to 4 teaspoons minced ginger root
- 1/4 teaspoon sea salt
- 1 Tbsp chopped fresh parsley
- 1 to 2 teaspoons minced garlic (optional)
- 1 teaspoon chopped fresh thyme or 1/8 teaspoon dried thyme (optional)
- 1 avocado, peeled and sliced into bite-sized pieces (optional)

Shred carrots and beets together in a food processor or grated them by hand, and place them into a large bowl. Peel ginger root and mince finely, and do the same with the garlic, if using. In a small bowl, whisk together the lemon and orange juices, olive oil, apple cider vinegar, salt, ginger, and parsley, then toss beet-carrot mixture with dressing. If you like stronger flavors or just want to enjoy the powerful medicinal effects of raw garlic, add garlic and thyme to taste. Divide salad between 4 plates and top with avocado slices, if you wish.