

Beet Root , Spinach, kale salad:

(Recipe by Sapna Chandnani)

Ingredients:

- A handful of spinach leaves chopped
- A handful of kale leaves finely chopped or available salad green mix.
- Oneto two beetroots cooked firm and finely chopped (one to two cups)
- One table spoon grated fresh resh coconut
- One table spoon soaked walnuts chopped coarsely(can replace with peanuts)

Salad Dressing:

- Half medium or one small cucumber
- Half cup fresh coriander and mint leaves mix
- Quarter teaspoonful roasted cumin powder
- Juice of one lemon (one to two teaspoons)
- One teaspoon of Sesame and flaxseed powder (See the recipe for this mixture above)
- One tablespoon Sesame oil or extra virgin olive oil

Blend all the above ingredients to a creamy mixture. DO NOT ADD SALT TO DRESSING. Store the dressing in the refrigerator until salad is ready to serve.

Preparation:

Just before serving toss the ingredients with the dressing in a bowl. Add the grated coconut and walnuts on. The guest can sprinkle pink salt or desi- namak before eating to the desired taste.