

Ingredients

- 3 medium sized beets
- 4 medium sized carrots
- 3 medium sized potatoes
- 1/4 cup of diced red onion
- 2 Jalapeño pepper, finely diced (remove seeds)
- 2 lemons
- 2 tablespoons of olive oil
- Add salt to taste



If you would like to share your favorite recipe with us, contact Dr. Margaret Rea mrea@ucdavis.edu



Monthly Wellness Recipes

Keye Sir: Ethiopian Beets Salad

This month's recipe is from Woubejig Shiferaw, M.A., Advisor, Office of Medical Education, School of Medicine.

"I grew up in Ethiopia and this is one of my favorite dish that does not require unique Ethiopian spices. Food and coffee play a major role in Ethiopian social gathering. I grew up eating traditional Ethiopian dishes that are spicy. But for those who don't like spicy food, Keye Sir is a great healthy option for the whole family. My kids, who are 10 and 8 years old, love to eat Keye Sir because of the color effect on their tongue. Enjoy this delicious, easy to make salad with your whole family".

Cooking Instructions

- Boil beets, carrots and potatoes until tender
- Drain the water and allow it to cool
- Remove the skin from beets, carrots and potatoes and chop them in cubes
- Place the chopped beets, carrots and potatoes in a mixing bowl
- In a small bowl, squeeze lemon juice, add the oil and salt
- Toss the beets, carrots and potatoes with the small bowl mixture
- If possible, allow the salad to marinate for at least 1 hour
- Serve cold