

Vegetable of the Week: Beetroot

Rice with Beetroot & Apple Salsa

- Boil rice for 20 minutes, then add green beans and cook for 5 mins more.
- Drain the rice and beans.
- Mix in flavorings, such as: spring onions, mint & lemon juice.
- Dice beetroot & apple then mix, add in 1 tablespoon of balsamic vinegar.

If you don't have balsamic vinegar, you can use a tablespoon of any dressing in your fridge.

- In season between June – October.
- High in antioxidants. These help to remove potentially damaging compounds within the body.
- Studies suggest it may help to increase blood flow, which could potentially help to lower blood pressure.

