

Recipe

BEETROOT RADISH SALAD WITH CREAMY ORANGE DILL DRESSING



► ▸ Vegan, raw, gluten-free, oil-free, soy-free, refined sugar-free, nut-free

Yield: 4 servings

Prep Time: 10 min

Total Time: 10 min

INGREDIENTS: THE SALAD

2 beetroots, peeled and thinly sliced
10 radishes, thinly sliced
3 tomatoes, thinly sliced
1 bunch red leaf lettuce, torn into bite-sized pieces
1 bunch parsley, chopped

DIRECTIONS

1. Add all salad ingredients to a large bowl.
2. In a small bowl whisk together the salad dressing ingredients until well combined. If you want the dressing more thin, add water to achieve desired consistency.
3. Add dressing to salad. Serve. Nom, nom, nom.

INGREDIENTS: THE DRESSING

4 Tbsp (45mL) tahini (sesame seed butter)
2-3 (8-10g) Tbsp finely chopped fresh dill
3 medium oranges, juiced
salt and pepper to taste (optional)

NOTES

1. I presented mine all pretty for pictures but you don't need to do this. Add to a bowl and whip up in no time. Either way it'll taste delicious.
2. I usually make a large batch of this dressing, store in an airtight container, and keep in the fridge for up to 5 days to enjoy with salads throughout the week.

SADIA BADIEI

Registered Dietitian

Hungry for more? Visit www.pickuplimes.com