

# Dill-Beet and Arugula Salad

Recipe By Rabbi Hanoch Hecht



Cooking and Prep:  25  
m

Serves:  10

Contains: 

**Preference:** Parve

**Difficulty:** Easy

**Occasion:** Shabbat

**Diet:** Vegetarian, Gluten Free,

Low Fat, Low Carb, Paleo,

Pescetarian, Sugar Free

**Source:** Family Table by

Mishpacha Magazine

When it comes to salads, I am a simplist. I don't like heavy dressings, as I like the ingredients to stand out by themselves. I have a particular love for this salad because all of the ingredients are grown in my garden.

## Ingredients (11)

### Salad

- pomegranate seeds, for topping (*optional*)
- 10 ounces (280 grams) baby spinach leaves
- 10 ounces (280 grams) arugula

- 1 small red beet, raw, sliced
  - 1 yellow beet, raw, sliced
  - 1/2 a red onion, sliced into half-rings
- 

## Dressing

- 2 tablespoons **Gefen Honey**
  - 1/3 cup **Gefen Sesame Oil** (if you don't have, you can use extra-virgin olive oil)
  - 1/3 cup lime juice, freshly squeezed
  - 1/2 teaspoon salt
  - 1/4 teaspoon freshly ground **Gefen Black Pepper**
- 

## Start Cooking

### Prepare the Salad

1. Boil beets in water until tender. Cool.
2. Mix dressing ingredients in a small bowl.
3. Toss the vegetables together. Add the dressing and toss.

#### Note:

Do not use canned beets as they are lightly seasoned and have a lot of sodium.