

Dukkah'd Beets with Pistachios

Roasted beets tossed with Dukkah'd spice blend

Yield: 7 servings

3/4 lb Gold Beets, Fresh
 3/4 lb Beets, Red, Fresh
 2 tsp Olive Oil
 1/4 tsp Kosher Salt

Dukkah Spice Blend – Yields about ½ cup

¼ cup Pistachio Nuts, Raw
 2 tbsp Sesame Seeds
 1 tbsp Cumin Seeds
 1-1/2 tsp Coriander Seeds
 1-1/2 tsp Fennel Seed
 ½ tsp Kosher Salt



Chef's Notes:

Dukkah is an Egyptian spice blend with many variations. Play around with different proportions of spices, mix in other nuts and find your favorite blend. Try dipping some bread in olive oil and dust with some Dukkah. Add some to your soups. Include into your chicken marinade.

Rinse whole beets and place in an oven safe bowl/pan with a lid. Drizzle with olive oil and salt. Cover tightly and cook in a 350F degree oven for about 1 hour until tender. Remove from oven. When cool enough to handle, cut off ends and peel the skin off. Peel should easily come off with hands. Keep the red and yellow beets separately and mix at the last moment to keep the red from bleeding. Dice beets.

Meanwhile, toast nuts, sesame seeds and spice seeds separately on a hot dry skillet until lightly browned and aromatic, about 2 minutes; constantly stirring. Cool. Place in a grinder/food processor and grind until coarse.

Sprinkle about 2 tbsp of Dukkah spice blend over yellow beets and toss. Sprinkle another 2 tbsp over red beets and toss. Combine gently before serving.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Sat Fat (g)	Dietary Fiber (g)
49.3	1.4	6.5	2.4	0	164.8	0.3	1.5