

## Blushing Beet Dip

I always tell my patients to eat the rainbow so they can take advantage of all the powerful phytonutrients found in colorful plant foods. This richly colored dip is high in antioxidants from crimson beets, along with calcium from creamy tahini. It's a beautiful way to add extra color to your day; I love serving it with my Savory Seed Crackers (page 273) and a variety of leafy vegetables, like radicchio and endive.

Makes: 1 cup

Prep Time: 10 minutes

Cook Time: 1 hour

1 cup plus 1½ teaspoons  
sea salt

1 medium red beet

¾ cup cold filtered water

¾ cup tahini

¾ cup lemon juice

2 cloves garlic, minced

6 raw walnuts, coarsely  
chopped

5 large mint leaves, torn

Drizzle of extra virgin olive oil  
(optional)

1. Preheat the oven to 425°F.
2. Pour the 1 cup salt into a large pile on a baking sheet and create a well in the middle. Place the beet in the well of salt and sprinkle some of the salt on top. Roast until a paring knife can easily pierce the beet, about 1 hour. When the beet is cool enough to handle, peel the skin by rubbing with your hand, then roughly chop.
3. Combine the beet, water, tahini, lemon juice, garlic, and remaining 1½ teaspoons salt in a food processor and blend until smooth.
4. Transfer the dip to a bowl. Top with the walnuts, mint, and a drizzle of olive oil (if using).