GOLDEN BEET, ORANGE AND MANGO SALAD

Healthy Living Recipe by Karen Cunningham - Vegan-Gluten Free
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For those people on the cleanse, please substitute the Balsamic Vinegar for Braggs Organic Apple Cider Vinegar.

Grabs some beets and leave them whole and steam them until a skewer goes through them quite easily. Depending on the size of your beets, this could be up to an hour. Let them cool once cooked. This could be something you do a day or two ahead of when you want the salad. Not that beets last long around me ☺

Peel your beets once cooked and chop into sizes that appeal to you.
Add one chopped slightly under ripe pealed mango and some orange segments from two oranges or tangerines. This is a super simple salad that requires very little effort

Drizzle with EVOO or as I did in this recipe, Tangerine infused EVOO and add about 1 tbs of Vinegar and 1/4 cup of Orange juice.

Toss together and garnish with some additional Orange slices.

To really pack a punch on the flavor meter I sprinkled Smoked Paprika over the top. It is a relatively new culinary find of mine and I love it.

Smoked Paprika gives a really rich flavor to so many dishes.

Next time I will use the white Vinaigrette from Trader Joes as the regular balsamic gave the beets a murky look. Still tasted great.