



Roasted Carrots, Beets and Fermented Black Beans

Ingredients:

9 carrots
6 beets
2 limes (juiced)
1 stalk celery
½ onion
1 Cup fermented black beans
10 mint leaves (cut into strips)
6 sprigs thyme
1Tsp.toasted sesame seeds
½ Tsp. sesame oil
1 pinch cayenne pepper
8 T EVOO (olive oil)
1 Cup sour cream

Directions:

!BEETS:

Preheat oven to 350 degrees

Place each beet on one piece of aluminum foil.

Fold up the sides of the aluminum foil around the beet.

Add 1 tsp. EVOO, salt (to taste), 1 sprig of thyme an 2 Tablespoons of water to each beet "packet".

Close the aluminum foil around each beet.

On a cookie sheet or ovenproof dish, roast beets until cooked through,

approx. 1 hour.

Remove from oven and let cool to room temperature.

!CARROTS:

Preheat oven to 350 degrees

Peel 8 carrots and toss with salt and pepper to taste.

Lay carrots on cookie sheet or in an ovenproof dish.

Roast until tender but still firm, approx. 25 mins.

Remove from oven and let cool to room temperature.

!BLACK BEANS:**

Drain and rinse beans.

Place beans in a pot and cover with water.

Add one carrot (whole), 1 celery stalk (whole), ½ onion (not chopped).

Bring to a boil.

Reduce heat to medium low and cook for 35 minutes.

Remove from heat and bring to room temperature in the liquid.

Once beans are at room temperature, drain and set aside.

!ASSEMBLE:

Once beets and carrots are cooked and at room temperature, cut carrots and beets to desired length/width.

In a bowl, combine carrots, beets, black beans, 2 Tablespoons of EVOO, 1 ½ Tablespoons of lime juice, half of the sesame seeds, pinch of cayenne pepper, sesame oil, salt (to taste).

In a small bowl mix together sour cream and the rest of the lime juice.

Drizzle sour cream mixture over salad.

Sprinkle the rest of the sesame seeds over the salad.

Serve.