

I made this recipe for a potluck that I arrived at too late for dinner so I ended up bringing most of it home. I was surprised at how fast the leftovers were eaten at home the next day. The salad is very simple with few ingredients, but as I often do, I created it without writing it down. The quantities are basically estimates, so adjust to your preference. I prefer the hot sesame oil of good quality. You can get it at a healthy co-op or maybe a health food store. If you can't find hot, use a dash or 2 of cayenne, or skip that if you don't like hot food.

### **Sesame Beet-nip Salad**

**8 oz. (approx) of small, uncooked pasta (small macaroni or ditalini or a combination)**

**1 or 2 med. beets with tops (enough to make 1 ½ cups cubed)**

**1-3 Hakurei salad turnips (enough to make 1 ½ cups cubed)**

**Olive oil**

**Hot sesame oil (or regular)**

**Salt**

**Additional herbs if desired; chopped thyme, basil or parsley in small quantities.**

**Cook pasta in salted water (1 tsp.) until done.**

**Meanwhile, cut beets and turnips into ¼" cubes and set aside in separate bowls.**

**Cut beet stems into ¼ "pieces and set aside.**

**Rinse beet leaves and shake excess water off, then lay them in a stack.**

**Add ½ tablespoon or more if needed olive oil to a heavy pan. Heat and add cubed beets to pan. Cook over medium heat, covered for 10 minutes, stirring often. When beets are beginning to get tender, add cubed turnips and about 3-4 dashes of the sesame oil. Cook until tender. (3-4 minutes) A little browning on the outsides is good!**

**Add beet stems and stir for 1 minute. Remove from heat.**

**Drain pasta and rinse briefly with cold water. (Just to stop the cooking process). Put pasta in bowl, add beets and turnips and stir. Season the pasta with salt and additional herbs if desired. Add more sesame oil if needed, but be careful, a little goes a long way!**

**Just before serving, make a chiffonade\*\* of the beet leaves and lay fold into pasta while slightly warm and serve. (See below for chiffonade instructions.) Good warm or cold.**

**\*\*Chiffonade is a slicing technique; lay the leaves atop each other, roll up like a cigar, and then slice into very thin ribbons across the roll. This is a nice technique to use for any leafy green like spinach or chard or basil. This makes a nice addition to soups, toppings or as a garnish.**

