

LIVING WELL, EATING WELL - THE RECIPES

Ohood Zedan shows Nutritionist Charlotte Watts how to cook a Syrian Meal

BEETROOT SALAD

Beetroot contains nitrates, chemicals that help reduce stress by relaxing blood vessels and increasing circulation - crucial for healing and taking oxygen from the lungs around the body. It was traditionally referred to as a 'blood builder', referring to its high iron and folic acid levels; both of which are needed for healthy blood flow.

Beetroot also contains a chemical (TMG) that supports detoxification via the liver. This recipe mixes all of those benefits with those from the all-important immune supporting garlic, lemon juice and olive oil. If used, the sesame seeds in tahini contain a potent antioxidant called sesamoid that supports healing and protection of fatty areas in the body like organs, brain and skin.

INGREDIENTS



Cooked beetroot
Olive oil
Juice of 1 lemon
1-2 cloves chopped garlic
Parsley to garnish
Optional tahini can also be added

METHOD

- Chop the beetroot into 1-2cm cubes
- Sprinkle over the garlic, lemon juice and olive oil
- Finally add the chopped parsley

See Ohood's Facebook page for more of her dishes: 'I'm Vegetarian'
Charlotte's info here: https://www.charlottewattshealth.com

