

POKE BOWLS w/BEETS

SERVES 4

TIME: 60 MINUTES (5 TO ASSEMBLE)

INGREDIENTS:

4 C cooked white short-grain japanese rice (use package directions, depending on which rice you choose)

4 medium red beets

2 persian cucumbers, thinly sliced

4 large radishes, thinly sliced

1 avocado, thinly sliced

2 large carrots, thinly sliced

Nori sheets, thinly sliced

Marinated ginger

2 TBSP black sesame seeds

4 scallions, thinly sliced

S + P to taste

DIRECTIONS:

1. Preheat oven to 450° F.
2. Clean beets. Cut off the root and most of the stem. Leave about an inch.
3. Wrap beets in aluminum foil, drizzle with olive oil, S+P and place on a baking sheet.
4. Roast in the oven until cooked through, approximately 45 to 60 minutes.
5. While beets are roasting, prepare your rice and prep all toppings (cucumbers, radishes, avocado, carrots, nori)
6. Remove from the oven, let cool for 10 minutes, and then peel and slice into ½ inch squares.
7. Place beets in a bowl with 1 TBSP GINGER DRESSING.
8. Prepare bowls by dividing cooked rice evenly.
9. Carefully place beets evenly in the middle of four bowls
10. Add cucumbers, radish, avocado, carrots and ginger around the beets.
11. Top with sliced nori, sesame seeds, scallions, salt and pepper.
12. Finish with GINGER DRESSING and enjoy!

NOTE: Have leftovers? Add warm rice to a large nori sheet, top with cucumbers, carrots, radish, avocado and beets. Sprinkle with sesame seeds, top with GINGER DRESSING and roll into a hand roll.

SONG: Waterfalls by TLC

