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## Beet Sliders

**Prep Time:** 20 Min

**Cook Time:** 60 Min

**Ready In:** 1 Hr 20 Min

**Servings:** 8

### Ingredients:

- 1 pound red beets (approximately five 2-inch beets), with greens removed
- 1 tablespoon pickling spices
- 2 tablespoons vinegar or lemon juice
- 16 slider buns
- 1 cup [chimichurri](#)
- Arugula or mixed greens



### Directions:

- Place the beets and pickling spices in a large saucepan filled with just enough water to cover. Add vinegar or lemon juice to prevent beets from "bleeding." Bring to a boil, reduce heat and simmer until tender (about 45-60 minutes). Rinse beets immediately under cold water. Peel the beets when they are cool enough to handle. Use a cookie cutter or other circle form to cut beet circles to fit the buns, each about 1.5 inches thick.
- Spread bottom half of each bun with a generous amount of chimichurri. Top with a beet slice and spread more chimichurri on top of the beet. Top with arugula.
- Stick a toothpick into each slider to secure the ingredients in place
- Note: This offers a hearty tasting sandwich for vegetarians or others who want a break from meat and [cholesterol](#).

*Recipe adapted from Franci Cohen, [personal trainer](#), certified [nutritionist](#) and exercise physiologist.*