



Steamed Beetroot Suitable for celiacs

Ingredients:

Beetroots

4 u

Salt and pepper

to taste

Oil

to taste

Vinegar

to taste

Preparation

Pour water in the steamer's base up to ½ centimeter high. Place the steamer rack. Peel and cut the beetroots into 1 cm. slices and place them over the steamer rack. Season with salt and pepper. Microwave for 5 minutes on high. Let it rest for 3 minutes. Take the beetroots out and season them with oil and vinegar or just plain (au naturel).

Use gluten free ingredients.



