



Heart of Soweto Study

Soweto Salad with a twist

(Serves 12 portions) Price per portion: +/- R2.00



Dietician: Sandra Pretorius RD(SA) Heart of Soweto Study 2007

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|--|-----------------------------------|
| 2 kg beetroot - small to medium sized | 25 ml (2 Tbs) brown sugar |
| 1 kg red onions | 25 ml (2 Tbs) olive oil |
| 100 ml orange juice | Pinch ground ginger |
| 50 ml balsamic vinegar | Salt & pepper to taste |

- 1) Wash **beetroot** and trim, leaving 5 cm of stalk. Place in boiling salted water and cook until almost done.
- 2) Drain, cool and roll skins off with fingers.
- 3) Cut **onions** in quarters. Cook in boiling salted water until just soft.
- 4) Place **beetroot** and **onions** in oven baking pan (coat pan with cooking spray).
- 5) Mix **orange juice, vinegar, sugar, oil, ginger** and **salt & pepper** together.
- 6) Pour sauce over **beetroot** and **onion** and toss together.
- 7) Roast in preheated oven at 180 C for 20 minutes.

beetroot



red onions



orange juice



balsamic vinegar



brown sugar



olive oil



ground ginger



Salt & Pepper



DIETICIAN'S NOTES:

- **EAT MORE LEGUMES** (dried beans, lentils, split peas).
- **EAT MORE FRUIT & VEGETABLES / SALADS** (5 portions per day).
- These salads are low in fat and high in soluble fibre and ideal as part of a healthy eating plan.
- **SOLUBLE FIBRE** (in dried beans, lentils, oats, fruits & vegetables):
Fibre – especially soluble fibre – decreases the risk of CHD.
Soluble fibre binds cholesterol in the gastrointestinal tract, thereby reducing serum cholesterol, especially the LDL-cholesterol.



Unite 4 Health

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