

Moroccan Cold Beet Salad with Vinaigrette

By Christine Benlafguih from the website “the Spruce Eats”

Prep: 15 minutes

Cook: 90 minutes

Total: 105 minutes

Servings: 4

Ingredients

2 pounds red beetroots

2 tablespoons chopped fresh [parsley](#)

2 1/2 tablespoons [lemon juice](#)

2 tablespoons vegetable oil

Salt, to taste, optional

Freshly ground black pepper, to taste, optional

Minced or slivered red onion, to taste, optional

Steps to Make It

1. Gather the ingredients.
2. Rinse the beetroots. Place in a pot or [pressure cooker](#) and cover with cold water. Boil or pressure cook the beets until tender. Test by piercing the beet with a sharp knife; if it can be inserted into the center, the beet is cooked. This can take up to an hour and a half when boiling, and up to 40 minutes when pressure cooking—how long depends on how large the beets are. If the beets you're cooking are different sizes, simply check the cooking at intervals and remove the beets one by one as they're done, drain the beets, rinse under cold running water and slide the skins off while the beets are still warm.
3. Allow the beets to cool.
4. Cut the beets into 1/4-inch to 1/2-inch slices of uniform thickness, and then cut each slice into uniformly sized cubes.
5. Transfer the cubed beets to a large bowl and combine with the remaining ingredients, seasoning to taste with salt and pepper. Cover tightly and refrigerate at least an hour or overnight.
6. Prior to serving, taste the salad and adjust the seasoning if desired. The salad may be garnished with freshly slivered onion or a little more parsley.