

## Unbeatable Beets

6 beets, cooked, skins slipped off and chopped into chunks

$\frac{1}{4}$  cup apple cider vinegar

$\frac{1}{4}$  cup red wine vinegar

$\frac{1}{2}$  tsp. Dried mustard

$\frac{1}{2}$  tsp. basil

1 tsp. Spike

dulse flakes

1 large onion, finely chopped

Combine vinegars and spices. Pour over chopped beets. Refrigerate. (Keeps for up to a week or longer.)

From: Sandy Pomeroy