Red Beet Salad

**4 servings**

2 cups of roasted red beets, diced

½ white onion, chopped

½ apple (crisp like granny smith), chopped

2 tsp Dijon mustard

3 T light sour cream

1 T mayonnaise

Salt and pepper or No salt seasoning

**Method:**

Roast 6-8 beets in the oven for 30 minutes at 375 degrees. Peel beets with vegetable peeler after they are cooled. Dice the beets and mix all the ingredients together. Adjust the sour cream/mayonnaise content to your taste and add some seasoning.. Preferably let rest in the fridge for a few minutes before serving.