

Roasted Beet Salad

Serves 4-6 as a salad course

Ingredients:

- 2 large red beets (without greens)
- 4-5 ounces mixed greens
- 12 cherry tomatoes, halved
- 4-6 ounces feta or goat cheese
- 1/3 cup (60 g) chopped walnuts, pistachios or pecans
- 1/2 cup (100 g) extra virgin olive oil or nut oil
- 3 Tablespoons (45 g) white balsamic vinegar
- Kosher salt, to taste
- Freshly ground pepper, to taste



Instructions:

1. Preheat oven to 425 F (218 C). Wash beet thoroughly under running water and then pat dry with paper towels. Wrap each beet twice in aluminum foil. Place wrapped beets in a baking dish. Roast in the oven for 1 to 1 ½ hours, or until beets are soft.
2. When beets are cool enough to handle, remove aluminum foil. Working with one beet at a time, hold beet under running water and gently pull off skin, letting it fall into the sink. Slice beets into ½-inch (1.3 cm) thick slices, and then either slice each circle in half or cut into cubes.
3. Place mixed greens on a large salad plate. Add halved tomatoes, crumbled cheese and nuts. To make dressing, in a small bowl, whisk together oil, vinegar, salt, and pepper. When ready to serve, add beets to salad, whisk dressing again and pour over top.

Notes:

- Beets can be roasted up to 2 days ahead. Store in the refrigerator in an air-tight container.
- If you make the salad ahead, leave off the beets until ready to serve. (The beet juice will turn the cheese pink.) For the same reason, if you toss the salad, toss it and then add the beets.