

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Roasted Beet Salad w/ Goat Cheese, Toasted Walnuts & Spring Greens

For a change of taste, replace the goat cheese with crumbled blue cheese or feta, and/or the walnuts with toasted hazelnuts, pecans or slivered almonds.

Makes 4-6 servings

½ cup walnuts
2 scallions, white and green parts, thinly sliced
1/3 pound spring greens
1 tablespoon Seasoned Lite Rice Vinegar
2 tablespoons extra virgin olive oil or walnut oil
Salt and Freshly ground pepper to taste
1 pound Roasted & Marinated Beets
1/3 cup crumbled fresh goat cheese

Toast ½ cup of walnuts at 350 degrees for 7 minutes. Set aside to cool.

Toss the thinly sliced scallions with the spring greens, vinegar and oil and salt and pepper to taste. Arrange roasted, marinated and sliced beets on top of the greens along with the crumbled fresh goat cheese and toasted walnuts.

Roasted & Marinated Beets

- Wash and trim the tops and bottoms of two pounds of small to medium-sized beets. Halve or quarter large beets.
- Place them in a glass or ceramic baking dish with ¼ inch of water and a tablespoon of olive oil. Cover tightly with foil.
- Bake the beets in a preheated 400 degree oven for about 75 minutes or until tender when pierced with a fork.
- Remove the beets from the oven. Peel the beets when they are cool enough to handle. Note: when beets are young, their skins are very tender and don't really need peeling, unless you want to.
- Cut each beet into 8-16 wedges, depending upon their size. Toss the roasted beets with the Mustard Shallot Vinaigrette while they are still warm.

Mustard Shallot Vinaigrette

1 tablespoon whole grain or Dijon-style mustard
1½ tablespoons seasoned rice vinegar (light)
½ tablespoon white wine vinegar
5 tablespoons extra virgin olive oil
1 shallot thinly sliced
Sea salt and freshly ground black pepper to taste

Whisk the mustard and vinegars together. Continue whisking as you gradually add the olive oil. Stir in the thinly sliced shallot and add salt and freshly ground pepper to taste. Marinate the beets a few hours or overnight. Or serve them while still warm over baked polenta rounds with a light salad or some sautéed beet greens, Swiss chard or spinach on the side.