

Roasted Beet Salad

4 each red and gold beets, on the small side

Crumbled feta cheese or goat cheese

Pecan or walnut pieces

Chopped parsley, chives, tarragon, thyme, or other fresh herb of your liking

Favorite Vinaigrette

1. Preheat oven to 400°F.
2. Cut greens off beets, wash beets and dry them. Put them in a baking pan just big enough to hold them. Cover with foil and roast for about 45 minutes. A skewer should easily slide all the way into a beet. Time will vary with size of the beets. Mine took a little over an hour.
3. Let the beets cool enough to handle, then, using a paring knife, remove the stems and stringy roots and slip off the skins. Take care to keep the two colors separate so that they do not bleed together. Beets can rest for up to 2 hours at room temperature. They can be refrigerated, covered, for up to 3 days.
4. Slice the beets in generous ¼” rounds. Lay rounds on serving platter, alternating colors. Sprinkle with cheese of choice, nuts, vinaigrette and herbs. Serve chilled or at room temperature.

Classic Red Wine Vinaigrette

1 small clove garlic, finely minced

1 t finely minced shallot

1 t dried oregano

½ t dried thyme

1 t salt

¼ t fresh ground black pepper

Pinch sugar

¼ C red wine vinegar

2/3 C extra virgin olive oil

Place all ingredients in a glass jar and seal the lid tightly. Shake vigorously to combine. The vinaigrette can be refrigerated, covered, for up to 1 month. Let it return to room temperature before using.

Source: Food to Live By, The Earthbound Farm Organic Cookbook