



*Presents*



## Roasted Beet Salad

Presented on August 16, 2014

### Ingredients:

Beets, as many as you have for roasting  
Fresh rosemary sprigs

Equipment  
A sharp knife  
Aluminum foil  
Baking sheet

Instructions (cook beets the night before)

1. Heat the Oven: Heat the oven to 400°F. This is a flexible cooking temperature; if you're using the oven for cooking something else, beets can be cooked at that temperature. Beets will cook more slowly at lower temperature and more quickly at higher temperatures. At higher temperatures, check more frequently for scorching (see Step 3).
2. Prepare the Beets for Roasting: Slice off the beet leaves close to the tip of the beet, leaving yourself enough to grip. Save the beet greens for another purpose. Scrub the beets thoroughly, then wrap them loosely in foil with sprigs of fresh rosemary. No need to dry the beets before wrapping. Small beets can be wrapped together, but it's easiest to roast large beets individually.
3. Roast the Beets: Transfer the wrapped beets to a baking sheet (to catch drips in case the beet juices leak). Roast for 50-60 minutes. Check the beets every 20 minutes or so. If they are starting to look dry or are scorching on the bottoms, dribble a tablespoon of water over the beets before re-wrapping. Beets are done when a fork or skewer slides easily to the middle of the beet. Small beets will cook more quickly than large beets.
4. Peel the Beets: Let the beets cool enough to handle. Hold one of the beets in a paper towel and use the edges of the paper to rub the skin away. The skin should peel away easily; if it doesn't, the beets likely need to cook for a little longer. Peel the remaining beets.
5. Store the Beets: Beets can be stored whole or sliced for up to a week in the refrigerator.

Instructions for Salad

Ingredients  
Fresh beans  
Fresh savory, tarragon and or parsley (2 TBS)  
Garden greens  
Soft goat cheese or blue cheese (Enough for a bit of cheese in every bite)  
Hazelnuts (1/4 cup)  
Fig Vanilla Balsamic (1 TBS)  
Olive oil (1 TBS)

Steam beans al dente, toss with olive oil and fresh tarragon. Lay washed greens in bowl (Lettuce, spinach, beet greens, whatever you have on hand). Add sliced cold beets, soft goat cheese. Gently toss ingredients with balsamic vinegar and olive oil. Serve with hearty bread.

Calories-196cal, Carbs - 13g, Fat - 13g, Protein - 10g, Sodium - 195mg, Sugar - 7g