

From Karen's Kitchen @ Field & Forest Acres

My work friend, Cristina, came over to help me make salads for a meeting of the librarians. We reviewed a few recipes found online and created our own version that was met with great reviews!

Karen-Cristina Beet Salad

Water

Beets ▲

(amount depends on size of salad you want to make)

Walnuts, chopped

Sweet onion, chopped

Goat cheese

Fresh parsley, chopped ▲

Dressing:

3 tablespoons fig balsamic vinegar

1 tablespoon honey

1 ½ teaspoons red wine vinegar

½ teaspoon ground nutmeg

¼ teaspoon ground black pepper

Drop of extra virgin olive oil



Cut greens off beets, rinse and place in large pot, cover with water. Bring to boil and simmer until beets are tender enough that you can insert a toothpick. Drain, cool (you can rinse in cold water) and slip off the skin. Cut beets up and place in large mixing bowl.

Whisk together the dressing ingredients. Add a drop or two of extra virgin olive oil. You will want to double or triple amounts for a larger salad.

Add the chopped onion and chopped walnuts to the beets. Drizzle on the dressing. Mix. Add salt to taste.

Sprinkle chopped parsley and goat cheese on top to serve.

Variation: top with chopped green apple, too.