ROASTED BEET SALAD

INGREDIENTS

4-5 medium beets: try a mix of red, golden, and striped Chioggia beets
1 large bowl fresh salad greens: any mix of head lettuce, mesclun, spinach, baby kale
¼ cup feta, chevre, or other soft goat’s milk cheese
1 cup olive oil + more for drizzling
½ cup balsamic vinegar
1 clove fresh garlic, peeled and minced
½ tsp brown sugar
salt and pepper to taste

Optional Garnishes:
Sunflower seeds
Raisins
fresh mint leaves or chives, torn into small pieces

METHOD

Preheat oven to 375F.

Remove greens from beets and scrub beet roots well in a bowl of clean water to remove any dirt, then pat dry.

Drizzle beets with olive oil and tightly wrap in tinfoil. Roast beets in the oven until soft, about 45 minutes.

Cool beets completely, then slip off peels. (Compost your peels if possible!)

Chop or slice beets into bite-sized pieces, then set aside.

Make your salad dressing by combining olive oil, vinegar, garlic, brown sugar, and salt/pepper in a jar. Seal lid tightly and shake to combine.

Wash salad greens, blot or spin them dry, and then tear leaves into bite-sized pieces and put in a large bowl.

Toss greens with dressing, then add beets and cheese and gently toss together.

Distribute salad onto plates and top with garnishes. Enjoy!

Note: You can roast the beets up to two days ahead of time. Just store cooled, peeled beets in the fridge until you need them.