

Beet, Goat Cheese and Arugula Salad

PREP TIME 10 mins
COOKING THE BEETS 60 mins
TOTAL TIME: 70 mins
SERVINGS: 2

* To roast beets, scrub raw beets clean, coat with a little olive oil, salt, pepper and wrap in aluminum foil, and roast in 400°F oven for 1 hour, until fork tender.

Ingredients

Salad Ingredients:

- 2 medium beets, cooked (roasted*) until a fork easily goes in one (about an hour), peeled, diced into bite-sized pieces
- 2 handfuls (about 2.5 ounces) fresh baby arugula
- 4 tablespoons goat (or feta) cheese (about 1.5 ounces)
- 1/4 cup roughly chopped toasted walnuts (optional)

Dressing Ingredients:

- 3 tablespoons extra virgin olive oil
- 1 1/2 tablespoons lemon juice
- 1/4 teaspoon dry powdered mustard
- 1/2 teaspoon sugar
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Method

1. Make the vinaigrette:

Place dressing ingredients in a jar and shake to emulsify. Adjust ingredients to taste.

2. Assemble the salad:

Compose each dish with a handful of arugula leaves, a few cooked chopped beets, some crumbled goat (or feta) cheese, and some chopped toasted walnuts.

3. Drizzle the salad with vinaigrette.