

ROASTED BEET & GOAT CHEESE SALAD

INGREDIENTS

- 2 large red beets
- 2 large yellow beets
- 1 to 2 tablespoons olive oil
- Salt & freshly ground pepper to taste
- 1/4 cup almonds
- 1/4 pound fresh goat cheese
- Assorted mixed herbs
- 1 cup olive oil (for dressing)
- 1 chopped shallot
- 1 teaspoon black peppercorns
- 1 teaspoon cumin seeds
- 2 tablespoons rice wine vinegar
- 2 teaspoons lemon juice
- 2 teaspoons agave syrup
- Assorted mixed greens



DIRECTIONS

Prepare beets: Toss beets in olive oil, salt and pepper. Wrap in foil. Roast at 375 degrees until tender. Cool and peel. Mix herbs, cheese: Soften goat cheese and mix with herbs. Chill, then crumble.

Dressing: In a mixing bowl, combine olive oil, vinegar, lemon juice, shallots, peppercorns and cumin seeds and agave syrup

Assemble salad: Arrange sliced beets on a platter. Place dressed greens in center. Top with crumbled goat cheese and almonds.

MUSTARD VINAIGRETTE BEETS

INGREDIENTS

- 1 pound red beets
- 1/4 cup extra virgin olive oil
- 3 tablespoons prepared mustard, preferably whole grain or Dijon
- 1 medium onion, chopped
- Salt to taste

DIRECTIONS

- Cut the tops off the beets, leaving 1 inch of stems attached. Place the beets in a pot of cold water to cover, bring to a boil, reduce heat, and boil until the beets can easily be pierced through with a sharp knife, 45-60 minutes depending on their size.

- Meanwhile, put the mustard in a bowl and whisk in the vinegar. Then whisk in the olive oil in a steady stream until the sauce is smooth and creamy. Add the onions.

- When the beets are done, drain them, and submerge them in several changes of cold water until they are just cool enough to handle. Cut off the roots and tops, slip the skins off, and slice the warm beets into the mustard sauce. Mix well, cover, and let marinate in the refrigerator. Before serving, mix well and add salt if desired.

