



Fast or Fancy Beet Salad

This salad can be weekday-fast or holiday-special. Change the ingredients to suit your tastes and based on what you have on hand. The basic building blocks are beets... and a salad green of your choice. Cooking the beets ahead of time is the only “hard” part of this recipe. We occasionally have this salad with warm beets — and it’s still great.

INGREDIENTS:

Greens

(arugula, spinach, baby kale, lettuce, whatever you have on hand) enough for everyone you are serving

Beets — cooked and sliced. use about 1 beet per person.

Dressing (lemon juice, apple cider vinegar, olive oil, salt, shallot, garlic, thyme)

OPTIONAL EXTRAS

Crumbly Cheese — Crumbly cheeses like feta, gorgonzola, or blue cheese are good choices.

Nuts — We like pecan halves, or try walnuts, toasted pumpkin seeds, or chopped mixed nuts.

Fruit — Try apples, pears or grapes to make this salad a little more festive. With sliced fruit, toss the slices with a bit of lemon juice so that they don’t get brown before serving and eating the salad.

INSTRUCTIONS:

MAKE THE DRESSING:

In a small blender add the juice of half a lemon, 3 tablespoons of olive oil, 3 tablespoons of apple cider vinegar, 1 shallot, 2 cloves of garlic, salt, and fresh thyme leaves or other herbs if you have them. (If you don’t have a small blender, just chop the shallot, garlic, and herbs and whisk everything together in a small bowl.)

ASSEMBLE THE SALAD:

Set it up salad bar style, layer it beautifully onto a platter, or mix everything together — Your choice!

