

Beet Dinner Salad



We're keeping it light as we approach the holidays. Roast some beets sometime during the day today for this light yet satisfying dinner.

The earthy richness of beets are worked into a salad with crispy lettuce, toasted chopped walnuts and sliced hardboiled egg. The fresh zing of mango pieces adds the coup de grace to this flavor festival.

It's all topped with a honey mustard dressing and served with an artisan roll.

Preparation time: 30 min (after beets are cooked) - Servings: 2

Organize Your Ingredients!

Prep ingredients onto small plates or in bowls so they are easy to add (and more fun to cook!). Put on some latex gloves before you handle the cooked beets.

Beet Salad Ingredients

Hardboiled Eggs:

2 eggs

Salad:

3 roasted beets

12-14 leaves red or green leaf lettuce (washed)

2/3 C. red bell pepper (cut into thin slices)

1/2 C. green bell pepper (cut into thin slices)

8-10 slices cucumber (slices quartered)

3 thin slices sweet onion (quartered)

12 cherry tomatoes (halved)

8 walnut halves (toasted)

1 C. Napa or Savoy cabbage (thin sliced)

1 avocado (sliced)

1 mango (sliced and chopped)

Honey/Mustard Dressing

1 peeled whole clove garlic

1/4 C. yellow onion (chopped)

2 T. good olive oil

2 tsp. prepared mustard

Pinch of salt

1 tsp. honey

2 T. rice wine vinegar

1/3 C. low-sodium vegetable broth

Additional Items

two artisan rolls

2 tsp. feta cheese crumbles

Be sure to roast beets
early in the day!
Instructions on next page

Let's Prepare, Cook, and Plate This!

Basic Assembly Information

Roasting beets: preheat oven to 350°. Scrub beets and place whole beets in an oiled baking dish with a small ramekin of water. Cover the dish and bake for 1 hour. When beets are tender, remove from oven and cool for about half an hour before handling. Once beets are cooked, the rest of the salad and dressing go together quickly.

Hardboil Eggs

Hardboil the eggs while the beets roast. Bring 1 quart of water, and a pinch of salt, to boil. Lower eggs into the boiling water, cover, reduce heat to medium and cook 11 minutes. Set a timer. When timer sounds, remove from burner and let stand another 5 minutes. (Set a timer again so you don't forget.) Drain eggs and cover with ice water. Leave eggs in cold water until ready to use.

Beet Salad

1. Put on some latex gloves and peel beets under cold running water. Slice peeled beets and set aside.
2. Break up lettuce and divide between two serving plates.
3. Arrange sliced peppers and cucumbers over lettuce.
4. Divide sliced onion, tomatoes and toasted walnut pieces over salads.
5. Place shredded cabbage in a mound in the center of each salad.
6. Arrange a fan of sliced beets in a circle over the top of vegetables.
7. Peel and slice eggs and avocado. Fan slices across the top of the salad.
8. Finish each plate with chopped mango.

Honey/Mustard Dressing, Rolls and Garnish

Dressing:

1. Place garlic and onion in a microwave-safe dish and cook 45 seconds on high.
2. Add above ingredients to the rest of the ingredients in a food processor. Let it run for a couple of minutes.
3. Pour into a serving container

Finishing touches:

About 10 minutes before you wish to dine, wrap rolls in foil and place in a 200° oven.

Garnish each salad with 1 tsp. crumbled feta just before serving.

What I've Learned from this Recipe

In this version of honey/mustard dressing I use some fresh garlic and onion. Cook the garlic and onion first in the microwave so that the leftover dressing will keep longer in the fridge.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com

