



Trend – Embracing Cultures and Traditions

Roasted Beets 'n Greens Salad

Nutrient packed leaves and beets can be prepared ahead of time

White Balsamic Vinaigrette:

2 Tablespoons Balsamic vinegar

3 Tablespoons olive oil

1/2 Tablespoons honey

Salt; ground black pepper as desired

Roasted Red Beet Salad:

4 cups fresh torn beet leaves

2 cups rough chopped roasted red beets

1 small cucumber, slant sliced

1 cup cherry or grape tomatoes, halved

3 to 4 fresh radishes, sliced

1/3 cup dried cranberries

2 green onions, chopped
1 to 2 Tablespoons sunflower seeds

Prepare White Balsamic Vinaigrette: In a small bowl, whisk vinegar, oil, and honey; season with salt and pepper.

Prepare Salad: Place beet leaves in a large salad bowl; toss to coat with about 2 Tablespoons prepared Vinaigrette. Spoon beet leaves on a serving platter; top with cucumbers, tomatoes, radishes, cranberries, and chopped roasted red beets. Sprinkle the top with chopped green onions, and sunflower seeds. Drizzle reserved White Balsamic Vinaigrette over salad as desired. Yield: Serves 4

Working with Beets:

1 or 2 bunches raw red or golden beets with leaves

Cleaning the Beets: If greens become limp, refresh by submerging them in room temperature water for about 1 hour. I wash the leaves and stems about two times; then tear the leaves from the stems. I set the stems aside for making broth and tear the cleaned beet leaves into bite-sized pieces for salads and soups. The amount you have depends on the size of the bunch.

Roasting Beets: Line your shallow baking pan with foil. Arrange pieces of foil to be able to cover the beets to keep them moist while roasting and separate the red beets from the golden ones. The amount of time will vary depending on how big the beets are.

Many times, I peel the beets before roasting and dice them into salad-serving size before roasting them. Drizzle beets with bit of oil before roasting and sprinkle beets lightly with salt before and after roasting. Baking beets in 400-degree F oven in a foil lined pan; it usually takes about 25 to 30 minutes. Check to see if they are tender by piercing them with a fork. The foil makes clean-up easy.

If you roast the trimmed beets whole with their peels on, they will require a longer roasting time depending on their size. After roasting them, scrape off peels before cutting into pieces. When I work with beets, I spray my cutting board and hands lightly with oil. Then the red stain will wash right off.

About the Recipe: The health rewards of fresh beets are generous, containing rich supplies lutein, zeaxanthin, Vitamin A and K. They also contain lots of natural fiber. It's an easy salad to make, especially if you prepare the leaves and roast the beets ahead of time. Add your favorite

salad ingredients. Fresh red, golden, or striped beets are one of Mother Nature's best gifts to us.