

BEET SALAD WITH GOAT CHEESE DRESSING

I've never been a huge fan of beets, but I seem to be able to tolerate them if they are dressed up with a bunch of other tasty ingredients. I do like the color they add to a dish and from a nutritional standpoint, they are a very respectable vegetable. Paired with goat cheese, beets can be down right delicious—even for non-aficionados.

DRESSING INGREDIENTS

1/3 cup crumbled goat cheese (feta is a good substitute)

2 tbsp red wine vinegar (balsamic glaze is a good substitute)

3 tbsp extra virgin olive oil

1/2 tbsp Dijon mustard

1 clove garlic, grated or minced

1 tbsp fresh dill, finely chopped

1 tbsp fresh chives, finely chopped

1/2 tsp Kosher salt

Pinch of fresh ground pepper

1/4 cup cold water

SALAD INGREDIENTS

2 beets (cooked, and sliced $\frac{1}{4}$ " thick)*

Salad greens

$\frac{1}{2}$ cup crumbled goat cheese

1 dozen cherry tomatoes, sliced in half lengthwise

salt and pepper

PREPARATION

Cut off ends and stems of beets. Rinse to clean off any dirt. Place beets in medium size pot and cover with cold water. Bring to a boil, then turn down heat to simmer and cover for 45 to 60 minutes until fork tender. Drain out water and let cool for twenty minutes. (*NOTE: You might want to use disposable gloves for this next step so that the dye from the beet doesn't stain your hands.)

Once cooled, the skins should easily peel off in your hands. Slice beets into rings and set aside.

In a medium size bowl, whisk 1/3 cup crumbled goat cheese, balsamic glaze, olive oil, mustard, garlic, dill, chives, salt, and pepper together until creamy.

Slowly pour in the water and continue to whisk until it is the consistency of a creamy salad dressing. You may need more or less of the $\frac{1}{4}$ cup of water to get to a consistency you like. (Note: Dressing will only keep for a few days in the refrigerator because it has no preservatives.)

In a large salad bowl, lay out salad greens and lightly season with salt and pepper. Lay sliced beets and cherry tomatoes on top of greens. Sprinkle the remainder of the goat cheese on top. Pour dressing over salad and serve.