

Roasted Beet Salad with Walnuts and Goat Cheese

Source: Chef Brian West

INGREDIENTS

- 3 medium red or golden beets
- 2 oranges
- 1/2 cup walnuts
- 1/3 cup olive oil
- 4 tablespoons balsamic vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon sugar
- 3 cups salad mix
- 2 tablespoons Cilantro
- 4 oz goat cheese, crumbled
- Salt and pepper to taste

DIRECTIONS

- 1 Preheat oven to 425°F. Clean beets thoroughly. Slice in half with a sharp knife, then place in a small baking dish lined with parchment. Drizzle half of the olive oil over the beets; bake 40–45 minutes, or until the beets are tender when pierced with a fork.
- 2 Remove beets from oven; allow to cool slightly. In small bowl, whisk together the remaining olive oil and balsamic vinegar, mustard and sugar.
3. Remove the skin of the beets and discard. Slice beets into bite-sized pieces.
4. Arrange salad mix on plate, sprinkle with Cilantro top with walnuts, oranges beets and goat cheese. Drizzle with balsamic dressing. Season to taste with salt and pepper.