

Beet Salad With Balsamic Dressing

4 servings

Ingredients

- 4 medium beets
- 1 recipe Best Balsamic Vinaigrette
- 1 shallot
- 5 ounces (8 cups) baby arugula or baby greens
- 2 ounces soft goat cheese
- 1/4 cup roasted salted pistachios, roughly chopped

Directions

Cook the beets:

1. Preheat the oven to 425 degrees Fahrenheit.
 2. Wash the beets. Trim off all but about 1 inch of the beet greens (you can save them for later and use them in salads). Leaving on the stem helps keep the beets from “bleeding” out red juice in the oven.
 3. Rub the beets lightly with olive oil. Place the beets in a covered oven proof dish. (You also can wrap each beet individually in aluminum foil and place them on the oven grates).
 4. Roast the beets for 45 minutes to 1 1/2 hours, depending on the size and freshness, until tender when pierced with a fork. Check every 10 minutes until tender; we’ve found medium sized beets take about 1 hour.
 5. Allow them to cool for a few minutes. Then place them under cool water and rub off the skins with your fingers. You can serve immediately, or refrigerate the whole beets until serving and serve them cold
 6. Slice the beets: Slice the beets into wedges. Take proper precautions as beet juice stains easily).
 - 7 Make the dressing: In a medium bowl, make the Best Balsamic Vinaigrette.
- Toss the beets with the dressing (optional): Place the beets in the bowl with the dressing and stir. The beets will change the color of the dressing to a bright pink color and infuse a little sweetness. If you’d rather keep the balsamic vinaigrette color, you can skip this step.
- Assemble the salad: Thinly slice the shallot. Place the greens on a plate. Remove the beets from the dressing bowl and place them on top. Add crumbles of goat cheese, shallot, and chopped pistachios. Drizzle with dressing and serve.

