

Roasted Beet Goat Cheese Salad

This is the ideal beet salad: creamy goat cheese (sub feta if you prefer it), roasted beets, avocado. The secret is that instead of buying precooked beets, you simply wrap them in foil and bake them like a baked potato. It takes about an hour but the resulting beets will be tender, earthy and slightly sweet in a way that no store bought beet can.

Ingredients

6 medium beets, scrubbed
6 c. arugula
1 avocado, sliced
4 oz. goat cheese, crumbled
1/2 c. chopped toasted walnuts
FOR DRESSING
1/2 c. extra-virgin olive oil
1/4 c. balsamic vinegar
1 tbsp. maple syrup
2 tsp. Dijon mustard
Kosher salt
Freshly ground black pepper



Method

Step 1

Preheat oven to 200°. Wrap each beet in foil and place on a baking sheet. Roast until tender (you can insert a fork or knife through the foil to test), about 1 hour. Let sit until cool enough to handle, then peel and cut into wedges.

Step 2

Meanwhile, make vinaigrette: In a jar, shake together olive oil, vinegar, maple syrup, and Dijon until fully combined. Season with salt and pepper.

Step 3

Place arugula in a large serving bowl and lightly dress with vinaigrette. Top with beets, avocado, goat cheese, and walnuts. Toss gently and add more vinaigrette as needed.