



Beet (warm) Salad with Greens and Almonds

Source : Thekitchn.com

INGREDIENTS

1 bunch beets, both tops and roots
Olive oil
Salt and freshly ground black pepper
4 cloves garlic, minced
4 ounces goat cheese, crumbled
2/3 cup toasted almond slivers

DIRECTIONS

Heat the oven to 425°F. Line a 9-inch square baking pan or cake tin with a big square of foil, large enough to completely enclose the beet roots. Lightly rinse the beet roots to remove any really clumpy dirt and pat them dry. Place them in the foil square and lightly drizzle with olive oil and sprinkle generously with salt and pepper. Fold up the foil and crease to seal. Bake the beets for 60 minutes or until they can be just pierced with a fork. Set aside to cool.

Meanwhile, chop the beet greens into bite-size ribbons. Discard the stalks between the roots and where the leaves start, but chop the leaf ribs along with the leaves. Rinse thoroughly to remove all traces of dirt and grit. In a large skillet, heat a drizzle of olive oil over medium heat and add the garlic. Cook on low for about 5 minutes or until the garlic is golden and fragrant. Add the chopped leaves and stir to coat with the garlic. Cook on medium-low for about 10 minutes or until the leaves are soft and tender. Remove from the heat.

When the beets are cool, rub them with a paper towel to remove the skin. Then chop into bitesized pieces and toss with the cooked greens, goat cheese, and almonds. Taste and season with salt and pepper to taste. Serve warm or cold. (This also makes an excellent pressed sandwich filling, especially with some extra goat cheese.)

NUTRITION

shellfish-free
low-carb
fish-free
alcohol-free
vegetarian
peanut-free
pork-free
pescatarian
gluten-free
egg-free
soy-free
wheat-free
red-meat-free
Calories 192
Fat 13.6 g (20.9%)
Saturated 3.6 g (18.0%)
Carbs 11.5 g (3.8%)
Fiber 4.2 g (16.9%)
Sugars 5.8 g
Protein 8.2 g (16.5%)
Sodium 265.5 mg (11.1%)