



*Simple,  
Seasonal,  
Sustainable*

## Recipe of the Week

### ***Roasted Beet Salad***

#### **Ingredients:**

- 4 medium beets, ends trimmed (~ 1 ½ lbs)
- ½ cup balsamic vinegar
- 2 Tbsp sugar
- ½ cup walnuts, coarsely chopped
- 2 tsp olive oil
- 2 pears, peeled and cored, cut into 8 wedges each
- ½ tsp salt
- ¼ tsp ground black pepper
- 2 cups arugula
- 4 Tbsp (1 oz) crumbled blue cheese

Serves 4

*300 calories, 13 g fat, 2 g saturated fat,  
42 g carbohydrate, 8 g fiber, 7 g protein,  
550 mg sodium*

*Source: Federal Occupational Health*

#### **Directions:**

1. Preheat the oven to 425 degrees. Wrap the beets in foil and set on a baking sheet. Bake for 1 hour or until a knife easily pierces the beets. Remove from the oven and let cool for 30 minutes. Peel the beets, cut each into 8 wedges and transfer to a bowl.
2. Combine the vinegar and sugar in a small saucepan. Bring the mixture to a boil over medium-high heat and cook for 5-6 minutes or until reduced by about half and thick enough to coat the back of a spoon. Set aside.
3. Place the walnuts in a large nonstick skillet and cook over medium-high heat, shaking the pan often, for 2-3 minutes or until lightly toasted. Transfer to the bowl with the beets.
4. Add the oil to the skillet and return to medium-high heat. Add the pears and cook for 2 minutes per side or until lightly browned. Remove from heat.
5. Add the reserved vinegar mixture, salt and pepper to the beets, tossing to coat well.
6. Place ½ cup arugula on each of the plates and top with the beet mixture and pears. Sprinkle each serving with blue cheese.

