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
• 1/4 tsp ground black pepper
• 2 cups arugula
• 4 Tbsp (1 oz) crumbled blue cheese

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.

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