

BEEETS



WITH **WALNUTS, GOAT CHEESE, AND BABY GREENS**

INGREDIENTS

- 6 medium beets (red and golden), about 1 1/2 pounds
- 1 cup water
- 8 cups mixed baby salad greens
- 1 cup loosely packed fresh flat-leaf parsley leaves
- 1 tablespoon white balsamic vinegar
- 1/4 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 2 tablespoons extra-virgin olive oil
- 1/2 cup (2 ounces) crumbled goat cheese
- 1/4 cup coarsely chopped walnuts, toasted

HOW TO MAKE IT

Preheat oven to 375°.

Leave root and 1-inch stem on beets; scrub with a brush. Place beets and 1 cup water in a 13 x 9-inch glass or ceramic baking dish; cover tightly with foil. Bake at 375° for 1 hour and 30 minutes or until tender. Cool beets slightly. Trim off roots; rub off skins. Cut beets into wedges; cool completely. Place greens and parsley in a large bowl; toss. Combine vinegar, salt, and pepper, stirring with a whisk. Gradually drizzle in oil, stirring constantly with a whisk. Drizzle dressing over greens mixture; toss gently. Arrange 1 cup salad on each of 8 plates; top evenly with beets. Top each serving with 1 tablespoon cheese and 1 1/2 teaspoons nuts.



WAC Fun Food Fact

Red beets are rich in a substance called betaine. Its purpose is to decrease the concentration of homocysteine in the blood.



Recipe of the Month | **APRIL**