



Warm Beet Salad

(ADAPTED FROM FAITH DURAND, KITCHN)



Yield: Makes 4 servings

Ingredients

- 1 bunch beets, tops (greens) and roots
- olive oil
- salt and pepper to taste
- 4 cloves garlic, minced
- $\frac{2}{3}$ cup almond slivers, toasted

Optional

- 4 ounces of goat cheese or feta

Instructions

Heat the oven to 425°. Line a 9" baking pan or cake tin with tin foil (enough to completely enclose the beet roots). Lightly rinse the beet roots to remove dirt and pat them dry. Place them in the foil square and lightly drizzle with olive oil and sprinkle 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. Rinse thoroughly to remove all dirt and grit.

In a large skillet, drizzle olive oil and turn to medium heat. 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 bite-sized pieces and toss with the cooked greens, almonds and goat cheese/feta (if desired). Taste and season with salt and pepper to taste. Serve warm or cold.

Warm Beet Salad

Description

This recipe allows the natural sweetness of beets to shine. By using the beet greens, which are edible (and delicious), this recipe also reduces typical food waste and encourages use of the whole plant. For those adding goat cheese or feta, there is a tangy and sweet combination that is simply divine! The slivered almonds are the icing on the cake, providing extra texture to this dish. This dish can also be served hot or cold and is equally delicious. Bonus!



FARMERS
MARKET

Farmers Market Finds

- Beets
- Garlic



GROCERY
STORE

Grocery Store Grabs

- Olive Oil
- Almond Slivers
- Salt & Pepper
- Goat Cheese or Feta (optional)

Biblio Bistro

Biblio Bistro is a fun, quick and dynamic video series featuring local, nutritious and seasonal produce. It's made in partnership with Portage Lake District Library. See how to cook this recipe at pldl.org/biblio-bistro.

Substitutes

Could use toasted pecans, pumpkin seeds, pistachios or walnuts in place of almonds.

Pairs with

This sweet, tangy, and slightly salty dish would pair well with roasted chickpeas or maple-glazed salmon. Consider getting a no-salt-added can of chickpeas, or rinsing them prior to roasting.

This recipe would also be complemented with hearty, but simple sides such as wild rice, rice pilaf, sourdough bread or a whole wheat dinner roll.