

Roasted Beet Salad with Arugula, Smoked Blue Cheese and White Balsamic Vinaigrette

by Jordan Taylor from Bread & Circus Sandwich Kitchen



Ingredients

- 5 lbs. red beets (Tossed with Canola oil, red wine vinegar and salt just to coat and roasted in a covered pan until a fork easily pierces the beet)
- ¼ cup white balsamic vinegar
- ¾ cup olive oil
- 1 tbsp. Dijon mustard
- 1 tsp salt
- ½ cup crumbled blue cheese (or your favorite cheese, try using feta or goat cheese)
- 2 cups arugula (or mixed greens)

Directions

Once beets are tender, peel with a towel while still warm (they are easier to peel while they are still hot/warm). Cut beets into 1-inch pieces and set aside. To make vinaigrette, place vinegar and mustard in a bowl and whisk until combined. Slowly drizzle in the oil until emulsified. Add salt and whisk until combined. To assemble salad, toss beets and the arugula with enough of the vinaigrette to coat. Place beet and arugula mixture in a bowl of your choice. Finish with crumbled blue cheese.



**Jordan
Taylor**

from

**BREAD &
CIRCUS**
SANDWICH KITCHEN



Eat Well,
Live Well

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Pick it! Try it! Like it!

BEET

Pick it!

Beets are usually round with a 1- to 2-1/2 inch diameter and deep burgundy color with edible green to burgundy leaves.

Select beets that are smooth, hard, rounded, and free of cuts and bruises. Discard overgrown or woody beets.

Trim off the leaves to about 1 inch when storing the root; refrigerate for several weeks. Store the leaves separately.

Try it!

Can be eaten raw, baked, steamed, roasted or pickled and served as a condiment.

Young raw or steamed beets are good in salads; medium- and large-sized beets are better when cooked.

“Thinnings” are beets that are pulled before fully mature and can be eaten raw and whole in salads.

Choose beets of similar size to allow for even cooking.

Peel beets after cooking while wearing disposable gloves to avoid staining your skin.

Beet greens can be used much like spinach.



Red Table

- Most common variety sold at grocery stores/supermarkets
- Thinnings are beets pulled before they are mature



Chioggia

- Candy red color outside, banded red/white inside
- Sweet, mellow flavor, doesn't get woody with age



Golden

- Orange skin with a golden yellow orange color inside
- Has a sweet, mild flavor

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Find recipes & videos at iGrow.org



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South Dakota State University, South Dakota counties, and U.S. Department of Agriculture cooperating.
South Dakota State University adheres to AA/EEO guidelines in offering educational programs and services.
This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).



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