

## INGREDIENTS:

SERVES 4 AS A MAIN OR 6 AS A SIDE SALAD :

### For salad

- 5-6 medium red beets
- 5-6 cups baby arugula, rinsed and spun dry
- 1/2 cup walnuts, chopped or pieces
- 1/2 cup feta cheese, diced or crumbled

### For dressing: garlic vinaigrette

- 1 garlic clove, minced
- 2 tablespoon golden balsamic vinegar (regular balsamic vinegar works fine too)
- 1/4 cup extra virgin olive oil
- 1 teaspoon honey
- 1/4 tsp salt
- 1/8 tsp black pepper (optional)
- dash of chili flakes (optional)

## HOW TO PREPARE:

### STEP 1:

Roast beets. The easiest way is to gently wash and trim beets (if purchased with greens) leaving about 1/2-inch long stem. Save the greens for delicious beet greens recipes. Wrap beets in aluminum foil, and bake at 350°F for about 35-40 minutes (depending on beet size). Beets are cooked when they are easily pierced with a fork. If you avoid using aluminum foil, cook beets in boiled water or follow these tips for cooking beets.

### STEP 2:

While beets are roasting, toast walnuts. Toast walnuts on a dry skillet, tossing frequently until golden brown. Remove from heat and let cool.



### STEP 3:

Rinse arugula (if not already rinsed and packaged) and then transfer to a large mixing bowl. Add toasted walnuts and feta cheese.

### STEP 4:

Add dressing and gently toss, adding roasted beets at the end as they will turn everything pink!

### STEP 5: HOW TO MAKE THE DRESSING

Combine all dressing ingredients in a small-medium mason jar. Shake well to mix! Drizzle over salad to taste. Save remaining dressing in the fridge. If not serving right away, store dressing in the refrigerator and shake and then pour when ready. Enjoy!