



Salad of Roasted Beets, Goat Cheese and Baby Greens

Ingredients

Fresh red beets
1 T olive oil
Salt and pepper
Salad greens, washed and towel dried
Vinaigrette dressing (make your own or use high quality bottled)
Goat cheese, crumbled to bite sized pieces
Sunflower seeds, toasted for two minutes in a skillet
Black pepper, fresh ground

Preparation

Preheat oven to 350 degrees F. Wash the beets and trim the green tops and roots. Place in a piece of aluminum foil and pour the olive oil over them. Salt and pepper to taste and wrap the aluminum foil tightly. Place on a sheet pan and bake for 60 minutes.
Remove from oven and test doneness with a fork. Let cool for handling.
When cool, place cooked beets in a paper towel and rub the skin off into the towel. The skin will rub off easily. Slice the beets into rounds showing the bright color and texture.
Dress the salad greens with vinaigrette and place on individual serving salad plates. Place the beet slices around the plate. Pour a little more vinaigrette over the beets. Top with goat cheese and then toasted sunflower seeds. Season with black pepper to taste.