

Beet Salad With Arugula, Feta & Walnuts

INGREDIENTS:

- ☐ 5 to 6 medium-size beets, greens removed
- Vinaigrette*
- ☐ 1 large shallot, minced
- ☐ 1 tablespoon + 2 teaspoons red wine vinegar, or more if needed
- ☐ 1 garlic clove, minced to paste with salt
- ☐ 3 tablespoons extra virgin olive oil
- ☐ Salt and freshly ground pepper
- ☐ 2 ounces baby arugula
- ☐ 3 ounces French feta
- ☐ 1/3 cup toasted walnuts, coarsely chopped

INSTRUCTIONS: Preheat oven to 375°. Put the beets in a baking dish with about 1/4 inch of water. Cover and bake until tender when pierced, 45 minutes or more, depending on size. Peel when cool enough to handle.

Make the vinaigrette: Combine the shallots and vinegar in a small bowl; let stand for 30 minutes. Whisk in the garlic and olive oil. Season with salt and pepper.

Slice the beets thinly into a bowl. Toss them with enough of the dressing to coat them. Taste and add more vinegar if desired.

Arrange the beets on a large platter.

Toss the arugula with enough of the remaining dressing to coat the leaves lightly. You may not need all the dressing.

Mound the arugula in the center of the platter, covering some of the beets. Crumble the feta over the salad, then scatter the walnuts over all.

Serves 4

PER SERVING (using all of the vinaigrette): 290 calories, 8 g protein, 20 g carbohydrate, 22 g fat (5 g saturated), 19 mg cholesterol, 363 mg sodium, 5 g fiber.