

# Beet-Hater's Salad

## Serves 4

Red beets give the salad a pink hue. You can substitute Chioggia beets for an untinted version.

- ½ pound beets (without tops;  
¾ pounds with tops)
- 1½ cups diced cucumber, in  
¼-inch cubes
- ¼ cup diced kumquats, in  
¼-inch cubes
- 3 scallions, white and green  
parts, sliced on bias
- ½ cup sliced celery (about 3  
stalks), in ¼-inch pieces
- ½ cup crumbled feta
- ½ cup flat-leaf parsley leaves
- ¼ cup salted, toasted pumpkin  
seeds

## The dressing

- ½ cup low-fat plain yogurt
- ½ cup crumbled feta
- ½ lemon, juice only + more to  
taste
- 1 cup garlic, minced
- Coarse salt, to taste
- Freshly ground pepper, to  
taste
- 2 cups baby arugula, or  
coarsely chopped regular  
arugula

**Instructions:** Place the beets in a medium saucepan, cover with water by 2 inches. Bring to a boil, reduce heat to a simmer, then cook for 30-45 minutes. The time depends on the size of the beets. Small ones take at least 30 minutes; the largest can take up to 50. Keep an eye on the pot and add more water as needed so the beets stay submerged. The beets are cooked when a knife can easily pierce the beets. Drain; allow to cool completely.

Peel the beets and cut into ¼-inch cubes. Toss with cucum-



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ber, kumquats, scallions, celery, feta and pumpkin seeds; set aside.

**For the dressing:** In a blender or food processor, mix the yogurt, feta, lemon juice, garlic, salt and pepper. Pour over beet mixture and mix well. Add the arugula

and toss to coat. Taste and add more lemon, salt or pepper as needed. Serve immediately.

**Per serving:** 155 calories, 8 g protein, 17 g carbohydrate, 7 g fat (4 g saturated), 24 mg cholesterol, 392 mg sodium, 4 g fiber.

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