

Roasted Beet Salad

Yields 4 portions



Kansas City

INGREDIENTS

- 4-8 cups - Arugula, baby
- 4 each - Red beet, fresh
- 4 each - Yellow beet, fresh
- 1 cup - Goat cheese
- ½ cup - Walnuts, toasted
- ¼ cup - Red onion, thinly sliced
- 1 each - Lemon, fresh squeezed
- 1 Tbsp - Balsamic vinegar
- As needed - Lemon zest – as needed
- ¼ cup - Craisins
- To taste – salt & black pepper
- 1-2 Tbsp - Olive oil, as needed

OPTIONAL GARNISH

- Fresh cracked black pepper

METHOD OF PREPARATION

1. Preheat heat oven to 350 degrees.
2. Cut stems and tops off beets. Rub with olive oil, salt, & pepper. Wrap with foil and cook in oven until cooked and soft. (30-90 minutes)
3. Once beets are done, remove from oven and remove foil.
4. Peel beets and dice in large/medium chunks and place in reserve in a bowl.
5. Season beets with olive oil, salt, pepper and lemon zest. Allow to cool in refrigerator.
6. In a separate bowl, add Arugula and onions and season to taste with olive oil, salt, pepper, balsamic vinegar, lemon juice.
7. Add beets to lettuce bowl and lightly toss.
8. For plating: place beet lettuce mixture in bowl or plate.
9. Top with goat cheese, walnuts, and craisins.

Enjoy!



CHEF NOTES

- Top with your favorite protein (salmon, steak, chicken, vegetarian options).

Bon Appétit!

— Chef Kyle Williams

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