

BERRY-BEET SALAD

Preparation: **20** minutes | Cooking: **30** minutes | Servings: **4**

INGREDIENTS

2 beets
1 shallot, thinly sliced
1 ounce fresh goat cheese, crumbled
4 cups mixed salad greens
1/2 cup raspberries
1/2 cup blackberries
1/2 cup sliced strawberries
1/4 cup balsamic vinegar
3 tablespoons chopped walnuts
2 tablespoons walnut oil (or preferred oil)
1 tablespoon fresh basil, thinly sliced
1 teaspoon honey
Salt and pepper



INSTRUCTIONS

To begin, place the beets in a square, 8-inch baking dish and add 1 inch of water. Cover the dish and bake it at 400 degrees Fahrenheit for 30 to 40 minutes or until the beets become tender. Meanwhile, in a small bowl, whisk the vinegar, oil, honey, salt and pepper, setting it aside. Then, cool, peel and cut the beets into thin slices. In a large bowl, combine the beets, the berries, the walnuts and the shallot. Pour dressing over the beet mixture and toss it gently. Lastly, top the salad greens with the beet mixture, cheese and basil.