

# Salad

## Beet and Goat Cheese Salad

*\*Vegetarian, Gluten-Free*

It's quite hard to beat a good beet salad, and this one is up there. Crisp, flavorful, versatile, nourishing ... I mean what else do you want from a salad? This beet salad is easy to make and brings delightful color to any meal.

### You'll Need

- 6 medium beets
- 3 tablespoons olive oil
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- 1/3 teaspoon sugar (optional)
- Lightly crumbled goat cheese (approximately 1/3 cup)
- Green onion, chopped (approximately 2 tablespoons)
- Arugula (optional)

### Directions

- Wash beets, place in pot and cover with water. Let boil approximately 20 minutes or until a knife can be inserted into the beet still being a bit firm - not completely soft. Then remove beets from boiling water and rinse with cold water. Under running water, peel skins off with hands. The skins can be easily removed in this fashion.
- Chop beets into 1/4 inch cubes.
- Mix olive oil, lemon juice, salt, and sugar together in small bowl. Pour over chopped beets.
- Plate beets and top each serving with goat cheese and green onion.

### Play With Your Food

- Try serving this beet salad on a bed of arugula. When doing this, you can omit the green onion.
- Leave off the goat cheese for it to be a vegan dish.
- Consider adding some toasted walnuts, pecans, or pine-nuts to the salad.

Medwell Kitchen Tested

