Roasted Beet Salad

Ingredients
1 bunch beets (about 1 pound)  1 1/2 tablespoons red wine vinegar
1/4 cup sliced natural almonds  1/4 teaspoon sugar
3 tablespoons olive or canola oil  1/2 teaspoon salt
1 tablespoon minced shallots  1 large pear
1 tablespoon lemon juice  3 cups baby arugula

Directions
1. Preheat oven to 425 degrees. Cut leaves from beets, do not peel, wrap beets in foil and roast until tender, about one hour. Unwrap beets and set aside to cool. Be careful of the steam when unwrapping hot beets.
2. While beets are roasting, cook almonds in oil in a small skillet over moderate heat, stirring occasionally until pale golden. Remove from heat, cool nuts in the oil (nuts will get darker as they cool). When cool, remove almonds with a slotted spoon to a small bowl and season with salt. Reserve oil.
3. Stir together dressing: shallot, lemon juice, vinegar, sugar, salt, and oil from almonds in a large bowl. Slip skins from cooled beets and cut beets into 1/4 inch slices. Add sliced beets to dressing, toss to coat.
4. Quarter and core pear and slice into very thin slices or julienne strips.
5. Spread arugula on platter. Arrange beets on top of greens, drizzle any remaining dressing on beets, then arrange pear on top and top with almonds.

Advanced preparation: Beets can be roasted, cooled and refrigerated. Sliced beets can be mixed with dressing and stored in refrigerator one day

Root Veggies with West Indian Spices

Ingredients
1 bunch beets (about 1 pound)  1/2 cup orange juice
1 pound carrots  1/4 cup cider vinegar
2 tablespoons grated fresh ginger (or 2 tablespoons ground ginger)  Grated zest of 1 orange (1 tablespoon)
1/4 - 1/2 cup brown sugar  1/2 teaspoon ground cinnamon

Directions:
1. Cut leaves from beets. Roast or boil 1-1 1/2 hour in oven, or 40 minutes boiling.
2. Peel carrots or scrub well and leave unpeeled, then slice or cut into chunks. Slip skins from cooled beets, then cut into slices or chunks.
4. Steam or boil carrots until tender but soft, about 5 to 10 minutes. Drain.
5. Combine ginger, sugar, orange juice, vinegar, orange zest and spices in saucepan. Cook until thickened. Add carrots and cook for 5 minutes. Stir in beets and warm through. Avoid over stirring as beets will “bleed” and discolor carrots.
Eat Your Beets

Ditch the canned beets and try fresh beets from the farmers market for a healthy salad topper or side dish.

Fresh beets have an earthy flavor that pairs well with other vegetables. One half-cup of beets is a good source of folate, fiber, and riboflavin, which works with other B-vitamins to release energy from stored carbohydrates. Beet greens are also a nutrition powerhouse, packing high levels of vitamin A, vitamin C and iron. Serve shredded raw in a salad, or try them roasted or grilled for a sweet treat.

Go Green
Beet greens (the tops) are loaded with nutrients and should not be overlooked. Cook and enjoy in the same way as spinach.

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