

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Definitely Not your Mother's Beet Salad!

Delicious and Better Eating: **Roasted Beet and Blue Cheese Salad** **with Toasted Walnut Dressing**

4 to 6 Beets, (about 2 LBs)
2 TB Olive Oil
2 TB Water
1 Small Yellow Onion, thinly sliced
3 TB Red Wine Vinegar
6 Cups Baby Lettuces, Watercress or
Baby Romaine
¼ Cup Toasted Walnut Oil
5 TB Orange Juice
1 TB Dijon Mustard
1 TB Chopped Basil
1 TB Chopped Parsley
1 TB Chopped Chives
Sea Salt and Black Pepper
1 Cup Crumbled Blue Cheese

Step One Preheat the oven to 375F
Scrub the beets and trim the tops. Do

not peel them. Place on a sheet of foil and toss with the olive oil, water and sprinkle with salt and pepper. Fold the foil around the beets and place on a sheet pan. Roast for an hour or until tender. While they are roasting, place the onions in a bowl of ice water and set aside.

Step Two Remove the beets from the oven, and when cool enough to handle, peel and cut them into large, bite-sized pieces. Place in a bowl and while still warm, sprinkle with the red wine vinegar. Set aside to cool completely.

Step Three While the beets are cooling, make the dressing by whisking together the walnut oil, orange juice, mustard and herbs in a bowl. Season to taste with salt and pepper.

Step Four Drain the onions and pat dry. When ready to serve the salad, toss the beets with 2 TB of the dressing. Divide between 4 plates. Top with the cheese, the lettuces and finally the onion. Drizzle the dressing over all.

2 Kitchen Smidgen

If you love the flavor of onions, but not the sting, simply slice or chop your onions and give them a quick bath in ice water – at least 15 minutes. Your onions will have great taste with out the heat.

3 Get Creative

Yellow, Pink, Red, Gold, White, Striped and Magenta, beets are delightful for their color and flavor as well as for their nutrition. Full of folate, potassium, calcium, antioxidants and fiber, beets are not only good for you, they are also delicious!

4 WINE of the Week

Santa Julia Organica Chardonnay

Mendoza, Argentina

Cost Plus World Market about \$10.00

From one of Argentina's most innovative wine producers this clean tasting, crisp wine is named after the vintners only daughter. You will enjoy aromas of apples and pears with tropical fruit flavors. 100% Organic Grapes and 100% Chardonnay make for a delicious wine with salads, seafood or veggie dinners.