

Earthy Beet Salad with Goat Cheese and Toasted Walnuts

“This earthy beet salad features roasted beets, toasted walnuts, fresh greens, and herbed cheese with a simple balsamic vinaigrette. Includes vegan and vegetarian options.”



Difficulty: Easy

Prep Time: 15 minutes

Cook Time: 45 minutes

Servings: 4



Ingredients:

For the Salad

- 4 medium beets (red, golden, or a mix), scrubbed and trimmed
- 4 cups mixed salad greens or arugula
- $\frac{1}{2}$ cup toasted walnuts, roughly chopped
- $\frac{1}{4}$ cup red onion, thinly sliced
- Vegetarian Option: $\frac{1}{2}$ cup crumbled goat cheese or feta
- Vegan/Dairy-Free Option: $\frac{1}{2}$ cup almond ricotta or cashew cheese
- Fresh herbs for garnish (dill or parsley)

For the Balsamic Vinaigrette

- 3 tablespoons extra virgin olive oil
- 1.5 tablespoons balsamic vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon maple syrup
- 1 small clove garlic, minced
- Salt and freshly ground black pepper, to taste

1. Roast the Beets

Preheat your oven to 400°F (200°C). Wrap the beets individually or together in aluminum foil. Place them on a baking sheet and roast for 45-60 minutes, or until a fork slides easily into the center. Let them cool slightly, then peel the skins off (they should slip right off) and cut into wedges or cubes.

2. Toast the Walnuts

While the beets are cooling, place the walnuts in a dry skillet over medium heat. Toast them for 3-5 minutes, stirring frequently, until they are fragrant and golden. Remove from heat immediately to prevent burning.

3. Whisk the Dressing

In a small jar or bowl, combine the olive oil, balsamic vinegar, mustard, maple syrup, minced garlic, salt, and pepper. Whisk or shake vigorously until the dressing is emulsified.

4. Assemble the Salad

Arrange your bed of greens on a large platter. Scatter the roasted beets and sliced red onion over the top. Sprinkle with the toasted walnuts.

For the Cheese: If doing the vegetarian version, crumble the goat cheese or feta generously over the top. For the vegan version, dollop spoonfuls of almond ricotta or cashew cheese across the salad.

5. Dress and Serve

Drizzle the vinaigrette over the salad just before serving. Garnish with fresh dill or parsley for a pop of green.