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Simple Beet Salad

Serves 4

Ingredients:

6 medium beets (about 1 lb.), trimmed
coarse or kosher salt
fresh ground black pepper
3 TBSP extra virgin olive oil

Preparation:

1. Heat oven to 300°. Place beet in a small, foil lined, roasting pan. Roast for 2 to 2 ½ hours until they are soft in the center. The beets will begin to look ashen as they roast. When done, remove them from the oven and let cool.
2. When cool enough to handle, peel the skin from the beets with a small, sharp knife, loosening the skin at the stem and pulling down. Skin should remove quite easily. Cut beets into ¼-inch or ½ -inch dice.
3. Place the beets in a medium bowl and season with salt and pepper. Pour in the olive oil and toss to mix. Let sit at room temperature for 1 hour before serving.



Food Fairy Note: This salad can be prepared in advance and stored in the refrigerator for up to a week. Remove from the refrigerator and let come to room temperature before serving. For a not quite as simple, even more delicious version, to the oil add 2 teaspoons white wine vinegar, 1 teaspoon of Dijon mustard, and 1 teaspoon of dried herbs.

Recipe adapted from: The Cook and the Gardener, p.416

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