

# GOAT CHEESE AND ROASTED BEET SALAD

## THE DISTRICT KITCHEN



### INGREDIENTS

- 2 medium red beets, scrubbed
- 2 medium golden beets, scrubbed
- 4 cups baby arugula
- 6 oz goat cheese (can substitute with feta)

#### Dressing Ingredients

- 1/2 cup extra virgin olive oil
- 1/2 cup champagne vinegar
- 2 tbsp maple syrup
- 2 tsp dijon mustard
- 1 clove garlic, grated
- Kosher salt, to taste

### INSTRUCTIONS

Preheat oven to 400°F. Wrap each beet in foil, place on a baking sheet, and roast until a knife goes through the foil cleanly (approximately one hour). Let cool until easy to handle.

Under running water, open the foil and run the beets vigorously with your fingers until the skins come off. The running water prevents staining of fingers.

Finely slice the beets.

In a medium size bowl, combine all dressing ingredients and mix well until colour is light and oil is well-incorporated. Dressing should look almost creamy. A hand-held mixer will make this process much easier.

Add beets to bowl, and cover with plastic wrap. Seal securely, and let set overnight in the fridge. For best colour retention, separate the golden and red beets into two separate bowls with equal amounts of dressing.

On a serving plate, cover with baby arugula. Place beets in alternating colours. Top with goat cheese, crumbled, and the remainder of the dressing.