

K's Kitchen: Roasted beet salad

By Kathryn Reed

Salads of all kinds are a staple in our house during the summer. But sometimes I need to get out of my rut.

That rut was broken with the salad below. This would be good with any kind of greens, including spinach. Many farmers' markets sell lettuce and/or spinach, which is where I got mine. The beets and red onion were also from the market.

While the beets need to be roasted, ideally try to do this when cooking something else so you aren't powering up the oven or barbecue just for the beets. Yes, barbecuing them would be a great option.

It used to be the only time I would like beets in a salad would be if I were at Skipolini's Pizza. I grew up eating at the original one in Clayton. It is still my favorite pizza of all time. And while the pizza at the Folsom restaurant is the same, the salad is not. They don't serve the original one there. It's such a disappointment.

Even though the salad below is nothing like the one at Skip's, it more than satisfies my desire for beets in a green salad.

Only dress the salad you are going to eat. Otherwise the lettuce will wilt, and be soggy and nasty.



Roasted Beet Salad

3 medium beets

$\frac{1}{4}$ C olive oil

2 T balsamic vinegar

1 T honey

2 T red onion, minced

$\frac{1}{2}$ tsp Dijon mustard

$\frac{1}{2}$ C crumbled feta cheese

$\frac{1}{2}$ C walnuts, chopped

Lettuce or spinach to serve six

Wrap beets in foil and cook for 1 hour in 400-degree oven. Let cool. Take skin off.

In small bowl, whisk together olive oil, vinegar, honey, onion and mustard.

Pour over greens, mix well. Top with cheese and nuts.