

K's Kitchen: Beets are the reason to make salad

By Kathryn Reed

Sometimes it's what's in the salad besides the greens that steal the show. That's the case with this recipe.

Beets are considered a superfood. They contain antioxidants, help reduce inflammation, have a ton of vitamins, and are good for the heart.

My gripes about them are that they take at least an hour to cook and they can be a bit messy. And for some reason I really don't like peeling anything other than a banana.

With all of that said, I love beets. That hasn't always been the case. It's one of those acquired loves since becoming an adult.

This is one of those pretty salads, so if you have a platter to serve it on instead of a bowl you are more likely to wow your dinner guests.

This will make enough to serve six.

Remember to only dress the greens you plan to eat that day; otherwise it will be soggy and undesirable. Better to be conservative as you mix everything and add more to your taste preference.

I used spinach for the salad. Watercress would be good, too. Something dark green is going to be best for presentation, and dark greens have the most nutrients.



Colorful Beet Salad

1 pound red beets (about 3 medium beets), trimmed

1 pound golden beets (about 3 medium beets), trimmed

2½ T olive oil

1 T red wine vinegar

1½ tsp honey

3 garlic cloves, minced

¼ tsp kosher salt

1/8 tsp freshly ground black pepper

4 C spinach

½ C feta, crumbled

Preheat oven to 375 degrees.

Wrap beets in foil and bake for 1 hour and 20 minutes or until tender. When done, remove foil and let cool.

Combine oil, vinegar, honey, garlic, salt and pepper in a medium bowl.

Spread spinach on a large serving platter.

Remove skin from cooled beets; cut each beet into bite size pieces. Add beets to oil mixture and toss. Arrange beets on spinach. Add feta.