

K's Kitchen: Light, refreshing summer salad

By Kathryn Reed

It seems like I can live off salads for most of the summer. This particular one I keep making over and over.

The greens and beets are available at farmers' markets. I have been using a mixed blend that is available at the Tuesday market in South Lake Tahoe. Using arugula or spinach would be just as yummy.

Using different colored beets just adds to the look, but won't change the taste. What I love about this recipe is using the microwave to cook the beets. It so much faster than the oven and then it doesn't heat up the whole house.



Beet Salad with Avocado and Feta

3 medium beets, trimmed

1 tsp lemon rind, grated

1½ T fresh lemon juice

¼ tsp pepper

1/8 tsp kosher salt

1 large shallot, thinly sliced

2 T olive oil

4 C salad greens

1 avocado, sliced

$\frac{1}{4}$ C feta cheese, crumbled

Individually wrap beets in parchment paper. Put in microwave for 3 minutes, turn, and cook for 4 more minutes. When cool, peel and slice in to bite-size pieces.

Combine lemon rind, juice, salt and pepper, and shallot. Gradually add oil. Whisk together.

Add beets to greens. Toss with dressing. Top with avocado and feta.