

BEETS



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Beets with Goat Cheese and Salad Greens

INGREDIENTS

- 3-4 yellow/golden beets, 2-3" in diameter
- 3-4 red beets, 2-3" in diameter
- Oil
- Salt & pepper
- 8 ounces goat cheese
- ½ cup walnuts
- 1 small bag of salad greens
- Honey
- Freshly squeezed lemon juice

PEAK SEASON

August–October

DIRECTIONS

- 1** Wash and trim beets; rub with oil, season with salt and pepper, then wrap beets individually in aluminum foil and roast in a 400°F oven for 45 – 60 minutes, or until they are completely tender.
- 2** Meanwhile, soften the goat cheese at room temperature, then mix using a fork, then a spatula to create a soft, scoopable consistency. At room temperature this shouldn't take more than a few minutes of mixing.
- 3** Place the walnuts in an even layer on a baking sheet, and toast in the oven with the beets for 10-15 minutes, or until they are crisped up nicely.
- 4** Remove beets from oven and allow them to cool, then peel by wiping the skin off gently with paper towel. If the skin does not come off cleanly in certain parts, carefully trim it off with a paring knife.
- 5** Plating:
 - Cut beets into ¼"-thick slices and arrange in alternating colors on 4-6 plates.
 - Lightly dress the greens with salt, pepper, and lemon juice. Divide greens evenly between the plates on top of the beet slices, about ½ cup per plate (give or take.)
 - Top with a healthy scoop of the goat cheese, then crumble some of the toasted walnuts on top. Drizzle with honey, and top with a little more fresh cracked pepper.

*Recipe provided by
Eastern Market Chef
Aaron Egan*

