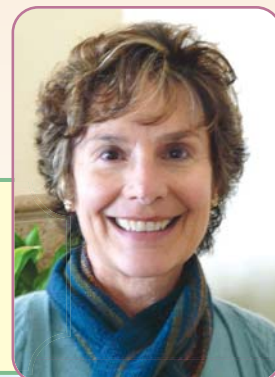


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Balsamic Glazed Roasted Beet Salad with Goat Cheese, Walnuts & Fresh Mint

NATURALLY DELICIOUS RECIPES • Janice Feuer-Haugen

For the Love of Beets!

For their vibrant purple-crimson color alone, you have to love beets. The romance begins once you taste their sweet earthiness, benefit from their nutritional density and experience lightly cooked beet greens almost melting on your tongue. Beets are harvested and are at their freshest from spring through late fall. Though, as beets store well you can find them throughout the year.

Nutrient-Rich

The source of their wonderful color, betacyanin, also happens to be a powerful cancer-fighting mechanism, found to be especially effective against colon cancer. Beets have significant amounts of vitamin C and are an excellent source of vitamin A. Beets are high in the B vitamin folate as well as in soluble and insoluble dietary fiber and antioxidants.

Beet greens are also incredibly nutrient rich with vitamins, minerals and carotenoids such as beta-carotene and lutein/zeaxanthin. Each of these nutrients plays a part in the reputation beets have for decreasing blood pressure and for protecting against heart disease, birth defects, inflammation and cancer.

Thank the Romans

Although wild beets may have originated in prehistoric times in North Africa and were enjoyed for their greens, the ancient Romans were one of the first cultures to cultivate beets, eating both the roots and greens. Rome's invading soldiers were responsible for bringing beets to Northern Europe. Beets' popularity grew immensely in the 19th century when the discovery of their high concentration of sugar led to the first sugar-beet factory being built in Poland.

Beets and Swiss chard are actually different varieties from the same plant family, with Swiss chard



bred for its leaves and beets bred for their roots. No wonder their greens share a similar look, taste, texture and nutritional profile.

To Peel or Not to Peel?

Some people say absolutely peel beets and can't imagine ever not peeling them. Here are my more flexible guidelines.

- With young and tender beets, a good scrub and some trimming around the ends with a peeler or a knife and they're good to go.
- Peel especially dirty beets with lots of grit in their attached roots.
- Older, larger beets with tough skins benefit from peeling.
- If you do decide to peel beets, it is much easier to do so after roasting them rather than before.

Roasting in a Balsamic Glaze

Roasting wedged or sliced beets in a savory balsamic glaze highlights their naturally sweet and earthy flavor. This method of roasting beets makes an especially gorgeous and delicious *Balsamic Glazed Roasted Beet Salad*.

Let the romance begin...

Balsamic Glazed Roasted Beet Salad with Goat Cheese, Walnuts & Fresh Mint



First beets
of the market

BALSAMIC GLAZED BEETS

Vegan and Gluten-Free

Makes 4–6 servings

Active Time: 20 minutes

Total Time: about 1½ hours

This gorgeous Balsamic Glazed Roasted Beet Salad hits all the right notes with its gorgeous color, healthy ingredients and delicious contrast of flavors and textures. Fresh mint adds brightness, walnuts add crunch and goat cheese adds creaminess.

Makes 4+ servings

(depending on your love of beets)

Active Time: 1/2 hour for the beets;
15 minutes for the salad

Total Time: 1 1/2 hours for the beets
plus time for them to cool;
15 minutes for the salad



Toasted walnuts

INGREDIENTS:

- 1/4 cup balsamic vinegar
- 2 medium cloves garlic, minced
- 1/2 teaspoon fresh thyme leaves or
1/8th teaspoon dried thyme leaves
- 1 1/2 teaspoons finely chopped
fresh rosemary or 1/2 teaspoon
dried rosemary
- 1 1/4 pounds medium beets, scrubbed
well, tails and tops removed
- 1 1/2 tablespoons extra virgin olive oil
- 1/8th teaspoon sea salt
- 6 twists freshly ground pepper



Mint chiffonade

INGREDIENTS:

- One recipe **Balsamic Glazed Beets**
(recipe on the right)
- 1/2 cup walnut halves & pieces, divided
- 2 ounces soft goat cheese, crumbled
- 3 tablespoons thinly-sliced fresh
mint leaves, divided

DIRECTIONS:

- 1) Prepare the Balsamic Glazed Beets. The beets can be roasted up to a few days ahead of time. Store them in their roasting marinade in the refrigerator.
- 2) Heat the oven to 350 degrees. Toast the walnuts in the oven for 7 minutes. Transfer the pan of walnuts to a wire rack to cool.
- 3) Toss the roasted and cooled balsamic glazed beets with 1/3rd cup of the toasted walnuts and 2 tablespoons of the mint.
- 4) Transfer the beets to a serving platter or bowl. Garnish with the crumbled goat cheese and the remaining toasted walnuts and mint.

DIRECTIONS:

- 1) Place the balsamic vinegar, crushed garlic, thyme and rosemary in a medium bowl.
- 2) Slice the cleaned and trimmed beets into 1/4-1/3 inch rounds or 1/3- 1/2 inch wedges depending upon the size and shape of the beets.
- 3) Add the cut beets to the balsamic vinegar marinade. Sprinkle with the salt and pepper and toss together.
- 4) Marinate the beets for 30 minutes, tossing them once or twice.
- 5) Heat the oven to 400 degrees.
- 6) Transfer the beets and marinade to a ceramic or glass baking dish. Cover the dish tightly with foil.
- 7) Bake for 60–80 minutes or more until the beets are tender when pierced with a fork.



Ready for roasting



Cylindrical beets

- 8) Remove from the oven. Enjoy immediately, or refrigerate the beets and prepare **Balsamic Glazed Roasted Beet Salad with Goat Cheese, Walnuts, and Fresh Mint**.

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Janice's Cooking Classes
For info on upcoming classes, visit
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