

Roasted Beets with Sautéed Beet Greens

1 bunch beets with greens
¼ Olive oil, divided
2 cloves minced garlic
2 tbs chopped onion
Salt and pepper
1 tbs red wine vinegar (optional)

~Preheat the oven to 350 degrees. Wash the beets, leave skins on, remove the greens. Rinse greens and set aside. Place the beets in a roasting pan, and toss with 2 tbs of olive oil. If you wish to peel them, it is easier once roasted.
~ Cover, and bake for 45 to 60 minutes, or until a knife can slide in easily.
~ When the roasted beets are almost done, heat the remaining 2 tablespoons olive oil in a skillet over medium-low heat. Add the garlic and onion, and cook for a minute. Tear the beet greens into 2 to 3 inch pieces, and add them to the skillet. Cook and stir until greens are wilted and tender. Season with salt and pepper. Serve the greens as is, and the roasted beets sliced with either red-wine vinegar, or butter and salt and pepper.

Quinoa Salad with Beets

1 1/4 cups quinoa
1 1/8 teaspoons salt, plus more for dressing
4 medium beets, trimmed
2 tablespoons balsamic vinegar
1 tablespoons lemon juice
Freshly ground pepper, for dressing
3 tablespoons extra-virgin olive oil
1/2 large seedless cucumber, chopped
1 pint yellow cherry tomatoes, halved
1 cups green beans, blanched and cut into 1-inch pieces
1/2 cups chopped flat-leaf parsley

-Rinse quinoa. Place in medium pan with 2 1/2 cups water. Add 1/8 teaspoon salt; bring to a boil. Reduce to a simmer and cover. Cook 10 minutes. Remove from heat; let stand 10 minutes. Transfer to a bowl. Cover and refrigerate about 2 hours.
- Meanwhile, place beets in large saucepan; cover with cold water (by about an inch). Add 1 teaspoon salt; bring to a simmer. Cook until beets are tender, 35-45 minutes. Drain; cover with cold water. Let sit until cool enough to handle. Peel and cut into 1/2-inch cubes.
- In a small bowl, mix vinegar, lemon juice, and salt and pepper to taste. Slowly whisk in oil. In a large bowl, combine quinoa, beets, cucumber, tomatoes, green beans, and parsley. Toss in dressing to serve.

Raw Beet, Carrot & Apple Salad with Ginger Lime Dressing

3 – 4 tablespoons lime juice, fresh squeezed (or lemon)
1 tablespoons honey (or coconut nectar if you are vegan)
1 tablespoon fresh ginger root, finely grated
1-3 tablespoons extra virgin olive oil
1 3/4 cup beet roots, grated
1 3/4 cup carrots, peeled and grated
1 3/4 cup Braeburn apple, peeled and grated

- To make the ginger lime dressing, combine the lime juice, honey, and ginger in a small mixing bowl. Whisk in the olive oil and set aside.
- In a large bowl, combine the grated beets, carrots, and apple.
- Toss in the dressing and refrigerate until ready to serve.

Roasted Beet and Goat Cheese Tart

- 1 puff pastry, thawed
- 7 ounces goat cheese, softened
- 1 ounce fresh basil, chopped
- 3-4 medium beets, sliced thin
- 1 ounce fresh rosemary, chopped
- 1-2 tablespoons olive oil
- 1-2 tablespoons balsamic vinegar
- Salt & pepper

Preheat the oven to 400 degrees. Place the puff pastry on a greased baking sheet. Combine the goat cheese and basil and spread evenly on the puff pastry. Place the beet slices on top of the goat cheese layer. Sprinkle the rosemary on top of the beets, drizzle the olive oil and balsamic on top, and finish with some sea salt and freshly ground black pepper. Bake for 13-15 minutes or until the pastry starts to puff up on the sides and the beets look tender. Serve immediately or at room temperature.

Roasted Beets and Kale Salad with Maple Candied Walnuts

- 1.5 lb. beets, peeled and quartered
- 1 teaspoon extra virgin olive oil
- 1 cup walnut halves
- 3 tablespoons pure maple syrup
- ¼ teaspoon sea salt
- ⅛ teaspoon fresh cracked pepper
- 4 packed cups of curly kale, washed and torn into bite sized pieces
- Optional: ¼ cup goat or Boursin cheese
- 3 tablespoons apple cider vinegar
- 2 tablespoons honey
- 1 teaspoons balsamic vinegar ½ teaspoon Dijon mustard
- 1 small garlic clove, grated on a micro plane or very finely minced
- A pinch of sea salt
- ¼ cup extra virgin olive oil

Preheat the oven to 425 degrees.
Place the beets on the prepared baking sheet and drizzle the oil over top. Cover the baking sheet with aluminum foil and bake in the oven for 30-40 minutes. Add the walnut halves to a small frying pan over medium high heat. Let them cook until they are fragrant and start to brown, shaking the pan frequently. Pour over the maple syrup and sprinkle with sea salt and fresh cracked pepper. Let them cook, stirring constantly, until the maple syrup has almost evaporated, about 1 minute. Remove the walnuts from the pan and place them on a piece of parchment paper, separating them from each other as much as possible. Add the kale, optional cheese or avocado and the walnuts to a large bowl. When the beets come out of the oven let them cool slightly then add them to the bowl too. Pour the dressing over top and toss well so that everything is coated.

Refrigerator Pickled Beets

- 1 bunch of beets (5-6 medium) scrubbed clean
- 1/4 cup apple cider vinegar
- 1 teaspoon sugar
- 1 tablespoon olive oil
- 1/4 teaspoon dry ground mustard
- a dash each of salt and pepper

Steam the beets. Place a steam basket in the bottom of a sauce pan, and fill with an inch or so of water. Steam the beets for about 40 –or until easily pierced with a fork, keeping an eye on the water level so the pan doesn't run dry. Cool in cold water until you're able to handle them. Peel skins. Slice the beets in 1/4 inch slices.

Mix the cider vinegar, sugar, olive oil and dry mustard. Add the beets to the mixture and toss, coating thoroughly. Add a dash of salt and pepper to taste. Let the beets stand at room temp for about 20 minutes then transfer into an air tight container and refrigerate. Enjoy!

