



YOU'LL NEED

- **Arugula, baby – 4-8 cups**
- **Red beets, fresh – 4 each**
- **Yellow beets, fresh – 4 each**
- **Goat cheese – 1 cup**
- **Walnuts, toasted – ½ cup**
- **Red onion, thinly sliced – ¼ cup**
- **Lemon juice, fresh squeezed – 1 each**
- **Balsamic vinegar – 1 Tbsp**
- **Lemon zest – as needed**
- **To taste – salt**
- **To taste – black pepper**
- **Olive oil – as needed (1-2 Tbsp)**

Optional Garnish

- **Fresh cracked black pepper**

Chef Notes

1. Yields 4 portions
2. Can top with your favorite protein (salmon, steak, chicken, vegetarian options).
3. Can add other vegetables to this salad.

METHOD OF PREPARATION

1. Pre heat oven to 350 degrees.
2. Cut stems and tops off of beets. Then rub with olive oil, salt, & pepper. Then wrap with foil and cook in oven until cooked and soft (30-90 minutes).
3. Once beets are done, remove from oven and remove foil.
4. Peel beets and cut in large – medium dice and reserve in a bowl.
5. Season beets with olive oil, salt, pepper and lemon zest. Allow to cool in refrigerator.
6. In a separate bowl, add lettuce and onions and season to taste with olive oil, salt, pepper, balsamic vinegar, lemon juice.
7. Add beets to lettuce bowl and lightly toss.
8. For plating: place beet lettuce mixture in bowl or plate.
9. Top with goat cheese and walnuts.

Enjoy!