



Arugula Beet Salad

A RECIPE BY JANINE SMITH

ingredients

4 beets roasted
4 C fresh arugula
1/2 med red onion
1/4 C soft fresh goat cheese, coarsely crumbled
salt and pepper to taste
Optional: 1/4 C cranberries or cherries

Cashew Salsa

1/2 C cashews, coarsely chopped
1 t chili pepper flakes
1 clove garlic crushed
3T red wine vinegar
2T olive oil
Mix all the ingredients add the onion and let sit for 30 min. to allow onions to soften.

instructions

Preheat oven 425 degrees.

Mix the cashew salsa. Avoid mixing in a blender or food processor as it will become a paste and you will miss the salty crunch that makes the salad delicious.

Roast the beets by wrapping them individually in aluminum foil and place on baking sheet. Roast in the oven for 40 to 60 minutes until tender. Test the beets by gently squeezing or use a fork if it is easy to puncture to the middle; the beets are ready. Set aside to cool before peeling and cutting into small cubes.

Spoon cashew salsa over the top of greens, add the goat cheese and serve.

