



PACIFIC COAST
FARMERS' MARKET
ASSOCIATION

BARBARA CECCHINI'S BEET SALAD



This salad is as easy as it is delicious! Try it with different types of beets for optimal results.



00 HR 25 MINS



Serves 4 - 6



INGREDIENTS

- 1/4 cup balsamic vinegar
- 1/4 cup extra virgin olive oil
- 6 beets - 3 medium red and 3 medium gold Fresh beet tops from the beets
- Garlic salt or a fresh garlic clove
- Freshly ground black pepper

METHOD

Thoroughly wash beets and greens. Cut off beet tops and set aside to cook later. Cook beets in boiling water until a knife easily passes through the beets. With a slotted spoon remove beets from boiling water and set aside to cool. Place beet tops in boiling water and cook for 5 minutes. Remove and set aside to cool.

When beets have cooled, remove outer layer. Skin will remove easily if beet is squeezed slightly by hand. Quarter and slice beets into a serving bowl. Thoroughly drain greens, and squeeze to remove excess

moisture. Chop greens and place with beets. Season salad with balsamic vinegar, extra virgin olive oil, garlic salt, and fresh ground pepper and serve.

Garlic salt can be substituted by pulverizing one small clove of fresh garlic and mixing with oil and vinegar to evenly distribute.

Recipe: Barbara Cecchini, The Urban Edge Farm, Brentwood