



# BEET AND FETA SALAD

## INGREDIENTS

- 4 Beets with Stems and Leaves
- 1 tbsp Olive Oil
- Splash Balsamic Vinegar
- Pinch Salt
- 1 tsp Feta Cheese, Crumbled
- 2 tbsp Walnuts, Chopped

## PREP TIME

- Prep | 10 m
- Cook | 30 m

## NOTE

Note that if this dish is refrigerated for later, you should wait to top with feta cheese; otherwise, the feta cheese will absorb the pink juice from the beets

## PROCEDURE

- 01 Thoroughly wash beets and leaves (greens). Trim stems from the beets and subsequently from the greens and then discard the stems.
- 02 Steam beets until tender enough to pierce with a fork, but still firm (about 30 minutes)
- 03 While beets are steaming, heat olive oil in a skillet or saute pan over medium-high heat and add greens). Saute greens until tender (about 3 minutes). Set aside to cool.
- 04 When beets have finished steaming, cool, peel, and slice into 1-inch chunks. Arrange beets in the middle of the beet greens. Refrigerate beets and greens for one hour.
- 05 Remove beets and greens from refrigerator. Sprinkle walnuts over the beets. Sprinkle with salt. Splash with vinegar. Serve immediately.