
Salt Roasted Beet Salad

Description

The perfect side dish to bring with you to your next potluck or family gathering. Salt roasting the beets not only seasons them well, but helps to retain their natural moisture.

Total time: 5 hrs Yield: 6 Servings

Ingredients

2 lb red beets (washed)
rock salt
1/4 cup pine nuts (crushed)
1/4 cup flat leaf Italian parsley (chopped)
1/4 cup red onion (sliced)
1/4 cup sherry vinegar
3/4 cup extra virgin olive oil
2 clove garlic (minced)
1 pinch smoked paprika
1 pinch sugar
salt
pepper

Prep Time: 4 hrs Cooking Time: 1 hr Total Time: 5 hrs

Instructions

Preheat oven to 300° F. In a large pan, place washed beets and coat with rock salt. Bake until tender, approximately one hour. Next, let them cool down and then peel and dice.

In a large bowl, mix the beets with the oranges, pine nuts, parsley, red onion, sherry vinegar, extra virgin olive oil, garlic cloves, paprika, and sugar. Season with salt and pepper to taste.

Recipe brought to you by:

Chef Mark Noguchi

Source:

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