



## Superfood Salad | Roast Heirloom Beets And Smoked Goat Cheese

Makes 1 Family style bowl for Four or Four individual appetizer salads:

### Ingredients:

4-5 assorted small Heirloom or Organic Beets (any variety and color, preferably small sized)

4 Tbsp. Extra Virgin Olive Oil

1 C. vegetable stock

1/8 Cup Organic Walnuts

½ Bunch Italian Parsley (washed and chopped roughly)

1 medium organic carrot (peeled and shredded on grater)

3-4 TBSP. Saba Grape Vinegar

Juice of 2 large Lemons

1 piece (3oz. of Up In Smoke Goat Cheese)

Maldon or Fleur de Sel salt and freshly ground black pepper to taste

### Roasting the beets:

Carefully wash and trim the beets, and remove any strings and sand. Dry them well and toss in a little of the olive oil to coat evenly. Transfer to a small baking pan and roast until fork tender in a preheated 325 degree oven. When fully cooked remove and let stand to cool before peeling.

Peel and either slice or quarter the beets lengthwise, smaller beets can be left whole or halved. Reserve until ready to assemble the finished salad.

### Assembling the salad:

In a large mixing bowl combine the cooked beets, shredded carrots, walnuts, chopped parsley, the remaining olive oil, and the lemon juice. Mix to combine thoroughly. Season with salt and freshly ground black pepper to taste, adjust as preferred. Next divide this salad onto serving dishes or a large decorative bowl for serving family style. Crumble the Goat Cheese all over the salad, then drizzle the Saba all around to finish. This salad is also delicious garnished with shredded Kale.