

### Beet and Goat Cheese Salad with Balsamic Vinegar

#### Ingredients/Zutaten

- 4 - 5 medium beets (any color)
- Olive oil
- 2 cups arugula
- 1/2 shallot, thinly sliced
- 1/2 green apple, thinly sliced
- 1/4 cup walnuts, toasted
- 2 oz. goat cheese, torn
- Balsamic Vinegar
- Sea salt, large flakes
- Black pepper, fresh ground

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#### Directions/Zubereitung

1. Preheat oven to 400° F.
2. Wrap each beet in a piece of aluminum foil, drizzle generously with olive oil, and add pinches of salt and pepper.
3. Place beets on baking sheet and roast for 40 to 90 minutes, or until soft and fork-tender. (Exact time depends on size and freshness of the beets.)
4. Remove beets from oven and aluminum foil, and allow to cool.
5. Meanwhile, roast the walnuts.
6. Once the beets are cool to the touch, remove the skins. (Try holding under running cold water to slide the skins off.)
7. Place beets in the fridge to chill until ready to use.
8. Slice the beets into 1/4 inch thick rounds.
9. Mix beets, greens, shallots, apples, walnuts, and cheese.
10. Drizzle with balsamic vinegar, and season with salt and pepper to taste.