

Berry-Beet Salad

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Ingredients

- 1 each fresh red and golden beets
- 1/4 cup balsamic vinegar
- 2 tablespoons walnut or extra virgin olive oil
- 1 teaspoon honey
- Dash salt
- Dash pepper
- 1 1/2 cup sliced fresh berries (strawberries, blackberries and/or raspberries)
- 3 tablespoons chopped walnuts, toasted
- 1 shallot or small bunch of spring onions
- 4 cups torn mixed salad greens
- 1 ounce fresh goat cheese, crumbled
- 1 tablespoon fresh basil, thinly sliced

Directions

Place beets in an 8-in. square baking dish. Add 1 inch of water. Cover and bake at 400° for 30-40 minutes or until tender.

Meanwhile, in a small bowl, prepare the dressing. Whisk the vinegar, oil, honey, salt and pepper. Set aside.

Cool beets then peel and cut into thin slices.

In a large bowl, combine the beets, berries, walnuts and shallot. Pour dressing over beet mixture and toss gently to coat. Divide salad greens among 4 serving plates. Top with beet mixture; and sprinkle with cheese and basil.

