

Beet Salad With Goat Cheese SERVES 6

- 4 Medium beets-scrubbed
- 1/2 cup frozen orange juice
- 1/3 cup chopped walnuts(or pecans)
- 1/4 Cup balsamic vinegar
- 1/2 cup extra-virgin olive oil
- 1 package mixed baby salad greens
- 2 ounces goat cheese (or any cheese you desire)

Place beets into a saucepan and cover with water. Bring to a boil, then cook for 20-30 minutes. (Tender) Drain and cool and then cut into cubes.

While the beets are cooking, place the walnuts in a skillet over medium-low heat. Heat until warm and starting to toast, and then stir in the maple syrup. Cook and stir until evenly coated. Remove from heat and set aside to cool.

Whisk vinegar , orange juice concentrate, vinegar, and olive oil together. Now layer, salad, beets, walnuts and cheese. Drizzle dressing over them.

Compliments of Arte Verde Garden Center 815-765-0980 www.arteverdegardencenter.com