



Arugula Beet Salad

Jacob · 30/09/2024



Prep Time

50 mins

Difficult

Medium

Servings

4

Description

This arugula beet salad with walnuts is sweet crunchy and great for spring and summer I highly suggest wearing an apron when cutting the beets

Ingredients

- - 3 large beets
- peeled and cut into cubes - 2 tablespoons olive oil
- divided - $\frac{1}{2}$ teaspoon coarse salt
- divided - $\frac{1}{4}$ teaspoon ground black pepper
- divided - 1 bunch arugula
- torn - ? cup walnuts or pecans - $\frac{1}{4}$ cup balsamic vinegar

Instructions

1. Preheat the oven to 425 degrees F (220 degrees C). Mix beets
2. 1 tablespoon olive oil
3. 1/4 teaspoon salt
4. and 1/8 teaspoon black pepper together on a baking sheet. Roast in the preheated oven until beets are tender
5. about 40 minutes. Mix roasted beets
6. arugula
7. walnuts
8. balsamic vinegar
9. 1 tablespoon olive oil
10. 1/4 teaspoon salt
11. and 1/8 teaspoon pepper together in a bowl until well combined.