



Beet Salad with Pecans and Blue Cheese

Savannah · 28/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

2 hrs 15 mins

Description

A wonderful beet and blue cheese salad using my favorite veggie to grow beets They are the start of this delicious salad which has a true summer feel to it

Ingredients

- - 4 medium or large beets - 1 tablespoon butter - 1 sweet onion
- chopped - ¼ cup micro greens - 2 tablespoons candied pecans - 2 tablespoons crumbled blue cheese - ? cup olive oil - ½ cup balsamic vinegar - 2 tablespoons Dijon mustard - 1 tablespoon honey

Instructions

1. Place beets into a large saucepan and pour in enough water to cover beets by 1 inch; bring to a boil.
Reduce heat to medium-low
2. cover
3. and simmer until skins begin to loosen
4. about 20 minutes. Preheat the oven to 300 degrees F (150 degrees C) and lightly grease a baking dish.
Drain beets
5. remove skins
6. and cut into halves or quarters
7. depending on size. Transfer to the prepared baking dish. Roast in the preheated oven until beets are dark in color and almost fork-tender
8. but not too soft
9. 30 to 40 minutes. Cool beets
10. dice into 1/2-inch cubes
11. and place in a bowl. Combine olive oil
12. balsamic vinegar
13. Dijon mustard
14. and honey in a lidded jar for honey-mustard vinaigrette. Close jar and shake to combine. Pour vinaigrette over beets and chill in the refrigerator until flavors have melded
15. 1 to 2 hours. Meanwhile
16. heat butter in a skillet over low heat. Add onions and cook until caramelized
17. 15 to 25 minutes. Remove from heat
18. cool
19. and chop. Arrange 1/4 of the marinated beets in a solid circle on 4 salad dishes. Top with layers of onions and micro greens and sprinkle with blue cheese and pecans. Drizzle remaining beet vinaigrette around each salad
20. if desired. Serve chilled. Recipe Tip You can use olive oil instead of butter to caramelize the onions. Editor's Note: Nutrition data for this recipe includes the full amount of honey-dijon vinaigrette dressing ingredients. The actual amount consumed will vary.