

Roasted Beet and Hazelnut Salad with Feta

serves 4

2 large beets, peeled and diced

2 teaspoons olive oil

1/2 cup hazelnuts, roasted and chopped

1/2 cup feta, crumbled

4 cups arugula

Preheat the oven to 400 degrees. Toss beets in oil, season with salt, and place on a baking sheet. Roast beets, stirring halfway through, for 30-40 minutes, or until they begin to soften. Remove from oven and set aside to cool.

Put one cup of arugula each on four salad plates. Top with roasted beets, feta, and hazelnuts. Drizzle dressing over the top of the salads.

Alternatively, toss all ingredients in a large bowl and serve family style.

Note: While you can roast the beets earlier in the day and refrigerate until ready to use, they will lose the crisp caramelized quality. They are still good, but not as good.

Mustard Vinaigrette

1 Tablespoon dijon mustard

2 Tablespoons red wine vinegar

2 teaspoons honey

2 Tablespoons olive oil

salt and pepper to taste

Combine the mustard, vinegar, and honey. Slowly drizzle in the oil while whisking. Season with salt or pepper.