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Beets Simply Can't Be Beat!

Beets can be a polarizing food – many love the earthy sweetness of this vibrantly coloured root vegetable, whereas others simply think they taste like dirt. Here are two salads that use golden beets – they have a milder flavour and are slightly sweeter than regular beets, and are less messy to boot! Feel free to substitute with any beets you have on hand.

Have you ever made a salad on the grill? Grilling the main ingredients in our Golden Beet and Fennel Salad brings out the natural sweetness of these vegetables, which are combined with orange slices and peppery arugula in a tangy, citrus dressing. Crumbled goat cheese adds saltiness and contrast to this summery salad.

We keep the main ingredients raw and crunchy in our Kohlrabi and Beet Salad, highlighting the flavours of the sweet nectarine, savoury feta, fresh mint and zippy balsamic honey mustard dressing.

GOLDEN BEET AND FENNEL SALAD

Ingredients:

- 6 unpeeled large golden yellow beets, trimmed
- 2 tbsp canola oil
- 3 large fennel bulbs, bases trimmed and stems removed
- 2 tbsp extra-virgin olive oil
- 1 tsp salt
- 1/4 cup fresh orange juice
- 1/4 cup fresh lemon juice
- 2 tbsp fresh lime juice
- 4 tsp liquid honey
- 1/4 tsp salt
- 1/2 cup grapeseed oil or canola oil
- 2 cups arugula
- 2 medium navel oranges, peeled and sectioned



1 cup crumbled soft goat cheese

Method:

1. Place beets in centre of a large piece of heavy-duty foil. Drizzle with canola oil. Bring edges of foil together to form a packet; close all edges with tight double folds.
2. Place beet packet on barbecue grid on natural gas barbecue and cook over medium heat until beets are tender, about 1 - 1 1/2 hours. Remove from heat.
3. Open beet packet. When cool enough to handle, peel beets and cut into wedges. There should be about 8 cups; refrigerate.
4. Cut each fennel bulb in half lengthwise and cut out core; discard core. Cut halves lengthwise into 1/4 inch slices. There should be about 8 cups.
5. Combine fennel, olive oil and 1 tsp salt in a bowl.
6. Place fennel in a grill wok or on a grill topper and grill over medium heat, stirring occasionally, until fennel is tender and lightly browned, about 30 - 35 minutes. Remove from heat and cool to room temperature.
7. Meanwhile, to prepare dressing, place orange juice, lemon juice, lime juice, honey and 1/4 tsp salt in a blender; blend to combine.
8. With machine running, pour grapeseed oil through opening in lid in a thin steady stream, blending until combined.
9. Combine beets, fennel, arugula, oranges and goat cheese in a bowl.
10. Add dressing and toss to combine. Serve immediately. *Serves 12.*

KOHLRABI AND BEET SALAD

Ingredients:

- 3 tbsp (40 mL) canola oil
- 2 tbsp (25 mL) balsamic vinegar
- 1 tbsp (15 mL) liquid honey
- 1 1/2 tsp (7 mL) Dijon mustard
- 1/4 tsp (1 mL) salt
- 2 cups (500 mL) cubed peeled kohlrabi (1/4 inch/6 mm)
- 2 cups (500 mL) cubed peeled golden yellow beets (1/4 inch/6 mm)
- 1 1/3 cups (325 mL) cubed unpeeled nectarine (1/4 inch/6 mm)



1/2 cup (125 mL) slivered almonds, toasted
1/2 cup (125 mL) crumbled feta cheese
1/4 cup (50 mL) slivered fresh mint

Method:

1. To prepare dressing, whisk together oil, vinegar, honey, mustard and salt until blended
2. Combine kohlrabi, beets, nectarine, almonds, cheese and mint in a bowl.
3. Add dressing and toss to combine. *Serves 8.*