



ROASTED CARROT & BEET SALAD with WALNUTS, DILL & GOAT CHEESE

serves 4

If you are seeking a protein boost, cooked lentils or seared salmon fillets would pair beautifully with this salad.

INGREDIENTS

- ¼ cup extra virgin olive oil, plus more for drizzling
- 2 tablespoons freshly squeezed lemon juice
- 1 teaspoon dijon mustard
- 1 small clove garlic, finely minced or grated
- kosher salt and freshly ground black pepper
- 4-5 carrots (rainbow would be beautiful), peeled and halved lengthwise, quartered lengthwise if large
- 1 pound vacuum-packed cooked beets (not canned) *or* 1 pound fresh beets (any color), roughly the same size
- 1 small or ½ large yellow or orange bell pepper, cored, seeded, and thinly sliced lengthwise
- ⅔ cup raw walnut halves
- 4 ounces baby arugula
- ¼ cup chopped fresh dill, divided
- 2 ounces fresh goat cheese, crumbled (about ⅓ cup)

INSTRUCTIONS

1. Place one rack in lowest position in oven and one in center position. Preheat to 425 degrees.
2. Make vinaigrette: Whisk ¼ cup olive oil, lemon juice, mustard, garlic, ¼ teaspoon salt, and a few big grinds of pepper in a small bowl until thoroughly combined.
3. Line a baking sheet with parchment. Add carrots, drizzle with olive oil, and season with salt and pepper, tossing to coat. Spread evenly with cut-sides down on baking sheet. Place on the low rack in oven and roast for 12-15 minutes, until golden and

caramelized on tips and tender when pierced, turning over halfway through cooking time. Set aside to cool.

4. Beet directions:

for vacuum-packed, cooked beets:

1. Bring to room temperature, then slice into 1/4 inch rounds and place in a bowl. Drizzle with 1 tablespoon of vinaigrette, toss to coat, and set aside.

for fresh beets:

2. If beets have greens attached, cut off and discard. Scrub well, then place in a baking dish. Give beets a good drizzle of olive oil and season with salt and pepper, rolling around to coat.
 3. Add ¼ cup water to baking dish, cover with a piece of parchment, then a piece of foil large enough to make a tight seal. Seal and place on center rack and cook anywhere from 30-60 minutes (the amount of time will depend on the size of your beets). Beets are thoroughly cooked when a knife or skewer easily pierces the flesh.
 4. Cool beets until they can be comfortably handled, then peel with a knife or rub skins off with a paper towel (please see *TIME SAVERS, TIPS, and PRECAUTIONS #5, below*). Slice into ¼ inch rounds and place in a bowl. Drizzle with 1 tablespoon of the dressing, toss to coat, and set aside.
5. Reduce oven temperature to 350 degrees. Spread walnut halves out on a baking sheet and toast on center rack for 5-10 minutes, until fragrant and light golden, stirring halfway through cooking time.
6. Place arugula and half of the dill in a large serving bowl or on a serving platter. Season with a pinch of salt and drizzle with a little of the dressing, tossing gently and well to coat. Top with carrots, beets, and bell pepper, then drizzle with more dressing. Scatter walnuts, goat cheese, and remaining dill overtop.

TIME SAVERS, TIPS, and PRECAUTIONS

1. PREP AHEAD: Prepping salad ingredients in advance makes mealtime a breeze.
 - Toasted walnuts will last in an airtight container at room temperature for 1-2 weeks.
 - Cooked carrots and beets will keep in a tightly covered container for 3-4 days in the fridge.
 - Bell pepper and dill can be chopped and vinaigrette can be made the night before or morning of. Keep these ingredients covered (separately) in fridge until ready to use.
2. Buying vacuum-packed, cooked beets is a huge timesaver! They can be found on the shelves or in the refrigerated section of most grocery stores, including [Whole Foods](#) and Trader Joe's.

3. Avoid buying pre-crumbled (and pre-shredded) cheeses whenever possible. They are often treated with cellulose or other anti-caking agents.
4. Fresh beets and carrots keep for several weeks in the fridge, but they should be separated from their greens to maintain freshness if you are not planning to use them right away.
5. Wear food-safe gloves when handling beets to avoid staining. For an earth-friendly alternative to latex, biodegradable and compostable gloves are available online.