

Beet Salad with Toasted Pumpkin Seeds (July 2007)

Serves 4-6 | Prep time: 15 minutes | Cook time: 30 minutes

2 yellow beets
2 purple beets
¼ cup pumpkin seeds, toasted
4 cups spinach
1/3 cup goat cheese

3 T extra virgin olive oil
2 T balsamic vinegar
¾ Dijon Mustard
¼ teaspoon freshly ground pepper
1 T finely chopped fresh basil

1. Wash beets and remove tops. Cut into 1 inch cubes.
2. Place beets in a large pot filled with water and bring to a boil.
3. Lower heat and simmer until beets are tender (about 15minutes).
4. Set aside to cool. You may do this the night before for quick salad assembly.
5. Toast pumpkin seeds in dry skillet on medium heat.
6. Stir frequently to prevent burning.
7. When seeds are light brown and begin to pop they are ready. Set aside.
8. Combine dressing ingredients in a small glass jar or measuring cup.
9. Cut beets into ½ inch pieces.
10. Mix in a large bowl with pumpkin seeds, spinach and goat cheese.
11. Toss with dressing and eat!

To make this salad into a meal, you may top this salad on a bed of quinoa – the only grain that is a complete protein.