



Arugula Roasted Beet Salad

INGREDIENTS

- 1 pound beets (3/4 pound without greens and 1/4 pound with), trimmed
- 1/4 cup sliced natural almonds
- 3 tablespoons olive oil
- 1 tablespoon minced shallot
- 1 tablespoon fresh lemon juice
- 1 1/2 teaspoons red wine vinegar
- 1/4 teaspoon sugar
- 1/2 teaspoon salt
- 1 large Asian pear
- 3 cups mache or baby arugula (3 ounces)

DIRECTIONS

1. Preheat oven to 425°F.
2. Wrap beets in foil and roast in middle of oven until tender, 1 to 1 1/2 hours. Unwrap beets and cool.
3. While beets are roasting, toast almonds in a large skillet over moderate heat, stirring occasionally, until pale golden. Cool almonds in oil (skins will get darker as they cool). Transfer almonds with a perforated spoon to a small bowl and season with salt.
4. Stir together shallot, lemon juice, vinegar, sugar, salt, and oil from almonds in a large bowl.
5. Slice skins from beets and halve large beets. Cut beets into 1/4-inch-thick slices and add to dressing, tossing to coat.
6. Quarter and core pear and cut into julienne strips.
7. Arrange beets on a platter and drizzle with any dressing remaining in bowl. Top with mache, then pear. Sprinkle with almonds.

Cook's note: Beets may be roasted and tossed with dressing 1 day ahead, then chilled and covered. (Keep toasted almonds, covered, at room temperature. Bring dressing to room temperature before using.)

Credits: Fpiurious.com