

Beet & Goat Cheese Salad

This beet salad is refreshing and delicious. Beets can be purchased ready to go or roasted or boiled at home. Roasting them has proven to be the easiest and least amount of mess. For dressing, I use the dijon mustard dressing that can be found on our website.

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	Recipe serves	Prepared for
	2	4

Ingredient	Amount	Scaled amount
Beets	6 ----	12 ----
Goat Cheddar Cheese	3 oz	6 oz
Sunflower Seeds	1/4 cup	1/2 cup
Sprouts	1 1/2 cup	3 cup
Spinach	1 cup	2 cup
Dressing	1 tbsp	2 tbsp

Instructions

1. Preheat oven to 400 degrees.
2. Prepare beets by wrapping them in tinfoil and placing them on a baking sheet.
3. Roast for 50-60 minutes. They are cooked when your knife slides through them easily.
4. Let beet cool and then peel and slice.
5. Add spinach and sprouts to a bowl.
6. Place beets on top and add shaved goat cheddar cheese and sunflower seeds.
7. Dress salad with olive oil and balsamic vinegar, if you will not be using the dijon dressing.



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