

Beet, Arugula and Feta Salad with Lemon Citronette

Servings: 4

INGREDIENTS

- 1 ½ lb red beets
- 2 t sea salt
- ½ t ground black pepper
- ⅓ c shallots, finely diced
- 2 T Italian parsley, chopped
- ½ c domestic extra virgin olive oil blend
- ¼ c fresh lemon juice
- 4 oz baby arugula
- ½ c feta cheese, crumbled

PREPARATION

Clean beets thoroughly. Place beets in 4-in hotel pan filled one-third with water. Cover pan with 2 sheets of aluminum foil, making sure to wrap tightly so steam won't escape. Transfer beets to 350° oven and cook for 1½ to 2 hours (until tender but not mushy).

While beets are braising, prepare citronette. In a small bowl, combine salt, pepper, shallots, parsley, olive oil and lemon juice; whisk to incorporate.

Once beets are cooked, drain and allow to cool for 20 minutes. Using a clean towel, strip away skin then cut beets into 1-in cubes. Place in refrigerator until below 40°.

Toss beets and arugula with citronette; top with feta cheese.

