

BEET SALAD WITH GOAT CHEESE, GREEN APPLE AND HONEY

1 ½ lbs. red beets, tops removed and scrubbed
8 ounces of baby Chioggia beets, tops removed and scrubbed
Coarse salt and freshly ground pepper
2 T. grape seed or safflower oil
3 T. honey
5 T. extra-virgin olive oil
1 lemon plus 3 T. lemon juice,
1 green apple
4 ounces fresh goat cheese, coarsely crumbled (about ¾ cup)
2 cups sprouts or micro greens for garnish

Preheat oven to 350. Place beets in baking dish in single layer and add water to ¾ way up sides of beets. Sprinkle with 1 T. salt and drizzle with grape seed oil. Cover with foil and bake until tender about 1 hour. Transfer to cutting board and when cool, remove skins, cut into ¼ inch slices and transfer to bowl.

Place baby beets in a small saucepan and cover with 2 inches cold water. Add 1 tsp. salt and bring to boil. Reduce heat and simmer until easily pierced with knife, about 25 minutes. Drain, and after cooling remove skins and cut into halves or wedges and transfer to another bowl.

Whisk together honey, olive oil, lemon juice, 1 tsp. salt and pepper. Reserve ¼ cup dressing; divide remaining between bowls of warm beets, toss to coat.

Halve whole lemon and squeeze juice into a bowl of cold water, drop lemon halves in it. Peel apple, cut into small pieces (about 1 cup) and submerge in juice. When ready to serve, drain apple and blot dry. Arrange beets on platter and drizzle with reserved dressing. Top with apple, goat cheese, sprouts and serve.

6 servings
(Martha Stewart)