

## BRIGHT BEET SALAD

### Ingredients:

- 3 medium beets
- 2 T. lemon juice (if boiling)
  
- 1 cucumber, chopped
- 1 carrot, cut in ribbons with a peeler
- 1 yellow bell pepper, diced
- 2 radishes, thinly sliced
- 1 green onion, thinly sliced
- ¼ c. fresh parsley, minced
- ¼ c. fresh dill, minced
  
- 2 T. extra virgin olive oil
- 2 T. fresh lemon juice
- Grated zest from 1 lemon
- 1 clove garlic, minced
- ¼ tsp. kosher salt
- ¼ tsp. freshly ground black pepper
  
- 2 oz. herbed or plain goat cheese



### Directions:

- 1) Scrub the beets. Boil (in a large pot of water, with 2 T. lemon juice) or roast (patted dry, wrapped in foil in a 400-degree oven) until knife tender (about 45 minutes). Cool, peel, and cube the beets.
- 2) In a salad bowl, mix the cucumber, carrot, bell pepper, radishes, green onion, parsley, and dill. Gently stir in the beets.
- 3) Vigorously shake olive oil, 2 T. lemon juice, lemon zest, garlic, salt, and pepper together in a salad dressing shaker. Pour over the salad and lightly toss.
- 4) Sprinkle goat cheese over the salad, lightly toss again, and serve.