



Beet Salad with Spiced Walnuts

6 large beets
1/3 cup olive oil + more for coating the beets
1 cup walnuts – crumbled
¼ cup butter – melted
1 tsp. cumin
1 tsp. paprika
1 tsp. cayenne powder
1 tsp. garlic powder
1 TBS Balsamic vinegar
1 TBS white wine vinegar
3 scallions - finely chopped (white, light green and dark green)
2 TBS parsley - finely chopped
½ TBS fresh mint - finely chopped
½ cup fresh cheese such as Farmers, Cotija, Panela or Feta – crumbled
Salt & Pepper

FOR THE WALNUTS:

Preheat the oven to 325 degrees.

Whisk the butter with the cumin, garlic powder, paprika and cayenne. Season with salt and pepper. Toss the walnuts in the spiced butter.

Place the walnuts on an aluminum foil lined baking sheet, in an individual layer. Place in oven and bake, shaking pan every 2 minutes, for about 6 to 7 minutes. Be very careful not to burn the nuts. Remove pan from oven and allow walnuts to cool down. Set aside.

ROASTING THE BEETS:

Increase the oven heat to 400 degrees.

Wash beets. Place in a foil lined roasting pan and coat with olive oil. Season with salt and pepper. Place in oven and roast for 40 to 45 minutes, until cooked through. Remove from oven and allow cooling.

FOR THE DRESSING:

In the meantime, make the vinaigrette. Place the 1/3 cup olive oil and vinegars in a bowl. Whisk. Add salt and pepper and whisk again. Set aside.

ASSEMBLE THE SALAD:

Peel and slice the beets into a large bowl. Add the scallions, parsley and mint. Add the walnuts and crumble in the cheese. Toss in the vinaigrette and mix well. Serve and enjoy!

TheFrugalChef™2011

www.TheFrugalChef.com