

Kari's Holiday Beet Salad

6 Beets cooked & cubed

½ cup Organic Olive Oil

½ cup Dark Cherry Balsamic Vinaigrette

Feta Cheese (goat used)

Raw Pecans (see note)

3 Scallions chopped

Sea Salt & Ground Pepper

Cook beets with skins on by boiling or roasting in the oven with a little coconut oil on them. Slip skins off beets under running water. Cut into bite sized cubes and place in a bowl.

Place vinegar & oil in a jar and shake to blend. Pour dressing over the beets and mix.

Add sea salt and fresh ground pepper to taste.

Layer with feta cheese, scallions and pecans over the top of beets.

Note: Pecans may be roasted on a cookie sheet at 350° for 4 - 5 minutes.

For spectacular presentation when bringing to an event, it is suggested that feta cheese, scallions & pecans be placed in individual containers to be prepared upon arrival to avoid discoloration during transport.

