

TASTY SUMMER BEET SALAD

Recipe created by Lindsey Thompson (Downtown Walla Walla Farmers Market member)

INGREDIENTS

- 9 small beets
- 6 green onions
- 1 bunch cilantro
- 2-3 tbs balsamic vinegar
- 1/4 tsp ground pepper
- pinch of salt (optional)
- 2 tbs olive oil



DIRECTIONS

Chop the greens and the little root tail off of the beets and peel them. (If you don't want your hands to take on a lovely pink hue, then grab a pair of gloves before you start working with the beets.) Once the beets are peeled, chop them into roughly one inch cubes and place in a steamer. Steam the beets for 20 to 40 minutes, or until easily pierced with a fork.

In the meantime, slice the green onions into 1/4" slices. Roughly chop the cilantro. Place both the green onions and the cilantro into a salad bowl to await the steamed beets.

For the dressing, pour balsamic vinegar into a small bowl or ramekin and add salt and pepper. Whisk in the olive oil. Take a little taste and see if you need to add another tablespoon of balsamic vinegar. You'll know. Set aside.

When the beets are easily pierced with a fork, add them to the salad bowl and toss everything together. Then add the dressing and toss the whole medley a few more times to coat. Serve and devour as politeness allows.

Washington State
Farmers Market Association
www.wafarmersmarkets.com

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Substitutions and Additions

- Substitute fresh parsley for the cilantro and add a handful of chopped market fresh herbs: mint, chives, basil, chervil, or whatever looks good and suits your fancy
- Add a handful of crumbled blue, feta, goat or cotija cheese
- Add a diced cucumber and a handful of toasted pumpkin seeds or walnuts
- Add a handful of raisins or other dried fruit to the salad and a teaspoon of pomegranate molasses to the dressing



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