

Beets, Goat Cheese and Pear Salad

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: none

Serves: 4

CChints: This is a small dinner salad that does well with chicken or fish dishes. Pickled beets can be found on the vegetable isle of most markets. You can buy them whole or sliced. If you buy them whole and cut them in half, it will add more definition to the salad otherwise the sliced ones just lie flat.



Vinaigrette:

1/8 cup champagne or white wine vinegar

1 Tablespoon fresh lemon juice

1-1/2 teaspoons honey

1/4 teaspoon Dijon mustard

1/4 teaspoon minced garlic

1/4 cup extra-virgin olive oil

Salad:

4 cups prewashed baby spinach leaves

16 ounce jar of pickled beets, 2-3 beets per salad cut in half

2 ripe Bartlett pears, sliced thin

1/8 cup thinly sliced red onion

4 ounces of goat cheese, crumbled

1/4 cup chopped walnuts

In a mixing bowl, combine the vinegar through garlic. Whisk in the oil and set aside.

On 4 salad plates, put 1 cup of spinach. Partially drain the jar of beets. Remove a few at a time and put them on a cutting surface. Beets do stain so be sure to wipe up any spills. Carefully cut them in half, making sure they do slip off the cutting surface. Put 4-5 halves on each salad. .

Clean the cutting surface and rinse and dry the pears. Cut in thin slices and cut the slices in half. Lay a few pieces on each salad. Do the same with the red onion. Crumble the goat cheese over each salad and top with the walnuts. Drizzle with the vinaigrette.