

# GUATEMALAN REMOLACHA



RECIPE BY URBAN VENTURES YOUTH  
CHEF COACH: DANIEL KLEIN, THE PERENNIAL PLATE

Makes 8 (1-cup) servings + 1 cup dressing

## SALAD INGREDIENTS

*Pickled Vegetables* (see below)

5 cups peeled and chopped golden beets

2 tablespoons olive oil

1 teaspoon dried thyme

1 cup uncooked green lentils

½ cup chopped fresh parsley

8 cups of mixed salad greens

Crumbled queso fresco cheese

## DRESSING INGREDIENTS

¾ cup olive oil

½ cup lime juice

2 tablespoons honey

¼ teaspoon ground cumin

½ teaspoon finely chopped garlic

½ teaspoon salt

¼ teaspoon ground pepper

## DIRECTIONS

1. Prepare the Pickled Vegetables. Mix 2½ cups chopped cauliflower, 1½ cups coarsely shredded carrots, and ½ cup chopped red onion in a medium bowl. Mix 1½ cups water, 1½ cups cider vinegar and ¾ cup sugar in a small saucepan; bring to a boil, then reduce heat and simmer until the sugar is dissolved. Pour over the vegetable mixture; allow to cool 1 hour. Drain.
2. Heat oven to 400°F. Toss beets with 2 tablespoons oil and dried thyme. Spread in a single layer on a parchment-lined baking sheet. Bake 35-40 minutes or until beets are tender. Let cool.
3. Meanwhile, cook lentils according to package directions. Remove from heat; let cool.
4. Toss the cooked lentils and Pickled Vegetables together in a large bowl; stir in roasted beets and parsley.
5. To make the dressing, whisk together oil, lime juice, honey, cumin, garlic, salt and pepper. Blend until smooth.
6. Stir half of the dressing into the salad mixture; toss to coat well. Place salad greens on plates. Spoon salad mixture on top; drizzle with remaining dressing and garnish with crumbled cheese.

