



BEET IT

WITH BEET VINAIGRETTE



RECIPE BY APPETITE FOR CHANGE YOUTH
CHEF COACH: BERTRAND WEBER, MINNEAPOLIS PUBLIC
SCHOOLS CULINARY AND WELLNESS SERVICES

Makes 8 (1-cup) servings

SALAD INGREDIENTS

1 cup uncooked pearled farro
1 ½ cups peeled and chopped red beets
1 ½ cups peeled and chopped golden beets
3 cups orange juice
1 cup matchstick or shredded carrots
1 cup chopped bell pepper (red, yellow
and/or orange)
1 cup chopped zucchini
1 ½ cups chopped escarole
8 cups mixed salad greens

DRESSING INGREDIENTS

½ cup extra-virgin olive oil
¼ cup red wine vinegar
2 Tbsp. Dijon mustard
1 Tbsp. shallots, minced

TOPPER

½ cup crumbled goat cheese
½ cup dried cranberries or fresh
pomegranate arils

DIRECTIONS

1. Place red beets and golden beets in separate saucepans. Cover each with 1-1/2 cups orange juice. Bring to a boil; reduce heat and simmer 15 minutes or until beets are just tender. Drain, reserving ½ cup cooking liquid from each pan.
2. Cook farro according to package directions, using reserved golden beet cooking liquid plus 1/2 cup water. Remove from heat; let cool.
3. Meanwhile, mix the remaining salad ingredients, except the greens, in a large bowl. Stir in cooked beets and farro.
4. To make the dressing, mix the oil, reserved red beet cooking liquid, vinegar, mustard and shallots in a small food processor or blender. Process until smooth.
5. Spoon the farro-veggie mixture over the greens. Drizzle with the dressing and sprinkle with cheese and cranberries.