

Beet Salad with Fried Goat Cheese

Beet salad is so easy and sure to impress at summer BBQs. We like it with fried goat cheese but if you're making a lot or want to simplify, you can use fresh goat cheese, or just toss in some crumbled feta or blue cheese. Delicious and good for you is always nice too!

INGREDIENTS

1 bunch of beets, stems & roots removed, washed well
½-1 clove garlic, finely minced (depending on your taste)
2 tablespoons cilantro, chopped
Olive oil
Salt & black pepper

Goat cheese, cut into ½ inch slices
Italian breadcrumbs
2 eggs

Shortcut this easy recipe even more by skipping the frying of the goat cheese and adding it in small chunks to the salad. Alternately, sprinkle in crumbled feta or blue cheese for an even faster substitution.

Keep the greens and sauté them in olive oil or toss some into your morning smoothie!



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This project was funded in part by the Connecticut Department of Agriculture through the Community Investment Act.



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DIRECTIONS

Microwave or steam beets until tender, cool, and dice into ¼ inch pieces.

Combine garlic and cilantro in a bowl.

Drizzle with olive oil until moist.

If using feta or blue cheese, add it now.

Mix everything until evenly coated, adding more oil if necessary.

Add salt & pepper to taste and chill for a minimum of an hour. The longer this salad sits, the better!

For goat cheese (begin this about 30 minutes before you'd like to serve):

Crack 2 eggs and a splash of water in a bowl and beat well.

Pour Italian breadcrumbs in a separate bowl.

Dip slices of goat cheese in egg mix, holding up after to drain.

Dip into breadcrumbs, flipping cheese over and lightly pressing breadcrumbs into the cheese.

Heat a thin layer of olive oil in a non-stick frying pan on medium-high heat.

Once oil is hot, place the slices of cheese into the frying pan.

Once lightly brown, carefully flip the slices. Once done, place on a plate lined with paper towels to drain.

Place cheese on the salad and serve.

Market Shopping List

- Beets - Apis Verdi, 18th Century, Blueberry Hill Organics, Bluebird Hill, Colgan, CT Valley, Easy Pickin', Oxen Hill, Riverview, Wayne's Organic
- Eggs - Ekonk Hill, Proctor Hall
- Goat cheese or feta - Beltane Farm
- Olive oil - Ariston
- Garlic - Apis Verdi, Blueberry Hill Organics, Colgan, CT Valley, Easy Pickin', Wayne's Organic
- Cilantro, Kosher/sea salt, black pepper, Italian breadcrumbs - **Highland Park Market of Coventry**
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