



Pickled Beet and Sweet Onion Salad*

prep time:
20 minutes

cook time:
30 minutes

*chill time extra

makes 6 to 8
servings

grocery list

fresh beets
Enova Oil
La Baleine Sea Salt
Morton & Bassett Whole Black Peppercorns
Hengstenberg German White Wine Vinegar
Hengstenberg German Whole Grain or
Spicy Mustard
Maggi Sauce
walnut oil
Morton & Bassett Dill Seeds
fresh chives
large, sweet onion
salad greens of your choice

*Exclusive Chef Faith Alahverdian recipe.

pickled beet and sweet onion salad

2 lb. fresh beets, roots removed, scrubbed
and washed well

Enova Oil

La Baleine Sea Salt

Morton & Bassett Whole Black Peppercorns,
freshly ground

1/4 cup **Hengstenberg German White
Wine Vinegar**

1 tsp. **Hengstenberg German Whole Grain
or Spicy Mustard**

1/2 tsp. **Maggi Sauce**

2 tbsp. walnut oil

2 tbsp. **Enova Oil**

1/4 tsp. ground **Morton & Bassett Dill Seeds**
(use pepper or spice grinder)

1 tbsp. snipped fresh chives

1 large, sweet onion, thinly sliced

2 cups salad greens of your choice

1. Preheat oven to 375°F. Place dry, clean whole beets on sheet pan lined with parchment paper. Brush with **Enova Oil**; season to taste with sea salt and pepper. Place in oven; roast until cooked, but firm. Remove from oven; cool.
2. Meanwhile, prepare dressing. Place vinegar in small bowl; whisk in mustard and **Maggi Sauce**. Slowly drizzle in walnut oil and **Enova Oil**, whisking constantly to incorporate. Season to taste with sea salt and pepper. Gently stir in dill seeds and chives.
3. Peel cooled beets and cut in quarters. Place in large bowl with onions and add a liberal amount of the dressing. Chill for 1 hour or as long as overnight.
4. Reserve remaining dressing in refrigerator until serving time. Before serving, toss greens with desired amount of dressing and place on individual plates. Top with pickled beets and serve.

Per Serving: 172 calories, 20g carbohydrate, 3g protein,
10g fat, 1g saturated fat, 4g fiber, 0mg cholesterol,
140mg sodium

kitchen tools

cutting board
chef's knife
vegetable brush
liquid measuring cup
measuring spoons
pepper or spice
grinder
sheet pan
parchment paper
pastry brush
bowls
whisk
salad tongs
individual plates

recipe note

Small and medium beets are usually more tender than large ones. Try to get beets of the same size so they'll cook in the same length of time.

a good idea

You can warm any leftover beets and serve them as a side dish.

