



Red Beet & Grapefruit Salad

With Salted Cashews, Goat Cheese, and a Sesame Vinaigrette

Camine Pappas / Serves 6 / November 2021

INGREDIENTS:

5 – 6 medium sizes red beets,
trimmed and washed
1 very large grapefruit trimmed and
sliced into 6 slices
4 ounces plain goat cheese
softened
1/3 C salted cashews chopped
3 T rice wine vinegar
1 t sesame oil
2 T avocado oil
¼ t salt
¼ t black pepper
1 T white sugar
1 T sesame seeds and chopped
parsley for garnish



METHOD:

Preheat oven to 400° F. Wrap each beet in foil and seal tightly. Place on middle rack about 3 inches apart. Roast for 55 minutes. Remove, let cool for about 20 minutes. Take off foil, and using paper towels, peel the beets. It should come off easily. Let beets get completely cool. Can store in fridge for a week!

Mix the vinegar, oils, sugar, salt, and pepper in a bowl. Pour in small container with good fitting lid and shake very well. Set aside until ready to serve.

To plate arrange beet slices on plate, nestle in the cut grapefruit. Make sure there is no pith, peeling, or seeds. Sprinkle with cashews, add goat cheese (not shown!), and ladle on a bit of the vinaigrette. Sprinkle with sesame seeds and serve.

©Recipe and Photo Copyright Camine Pappas, 2021. All rights reserved.