

# Roasted Beet Salad with Goat Cheese and Pistachios

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Recipe source: Ann Johnson

Serves 4



## INGREDIENTS:

- 4 medium-sized beets, scrubbed well, greens removed
- 2 tablespoons olive oil
- 6-8 cups lettuce greens of your choice (spinach, romaine, arugula, or a mix), washed and dried, torn into medium-sized pieces if necessary
- 4 oz. goat cheese, crumbled into large chunks
- ½ cup shelled pistachios, roasted and salted

NOTE: You may substitute other nuts such as chopped almonds, hazelnuts, or walnuts. Toast them for about 5 minutes in a dry skillet over low heat, in a toaster oven, or in a regular oven at 300°F. watching carefully so they don't burn.

- ¼ - ½ cup Vinaigrette style salad dressing of your choice – to drizzle on top and serve alongside

## DIRECTIONS:

- Preheat oven to 425°F.
- Place 2 beets (approximately the same size) on a large sheet of aluminum foil. Drizzle 1 tablespoon olive oil over the beets. Seal up the packet by crimping the top and side edges together. Make another packet with the 2 remaining beets.
- Set packets on a baking sheet on the middle rack of the oven. Cook for 45-60 minutes.
- Starting at 45 minutes, check for doneness by carefully opening a packet to test the beets with a sharp knife. If the knife easily pierces through the beet, it's done. If there's some resistance, re-seal the packet and continue cooking at 5 minute increments until they are tender.
- Place the baking sheet on a cooling rack and open the foil packets. Let the beets cool until they're able to be handled. Peel the beets. The skin should peel right off, but use a paring knife if needed. NOTE: I use kitchen gloves.
- Cut the beets into wedges or medium-sized chunks and refrigerate until time to assemble the salad.

NOTE: I prepared the ingredients and stored separately about 6 hours before dinner time, and assembled the salad right before packing the cooler and leaving the house – about 3 hours before serving. Feel free to adjust the prep/assembly/serving times. This is an amazingly flexible dish!

- Assemble the Salad:
- Arrange the lettuce leaves on the serving platter (or large Tupperware container)
- Place the beet wedges/chunks on top of the greens.
- Top the beets with the crumbled goat cheese.
- Sprinkle the pistachios (or other nuts) on top.
- Right before serving, drizzle a few tablespoons of vinaigrette over the salad. Serve the rest of the vinaigrette on the side.