

Roasted Beets with Feta

"This colorful and elegant red and white side dish is so easy to make. Green onions or chives may be substituted for the shallot if you prefer."

- 4 beets, trimmed, leaving 1 inch of stems attached
 - 1/4 cup minced shallot
 - 2 tablespoons minced fresh parsley
 - 2 tablespoons extra-virgin olive oil
 - 1 tablespoon balsamic vinegar
 - 1 tablespoon red wine vinegar
 - salt and pepper to taste
 - 1/4 cup crumbled feta cheese
1. Preheat oven to 400 degrees F (200 degrees C). Wrap each beet individually in aluminum foil, and place onto a baking sheet.
 2. Bake beets in preheated oven until easily pierced with a fork, 45 minutes to 1 hour. Once done, remove from oven, and allow to cool until you can handle them. Peel beets, and cut into 1/4 inch slices.
 3. While the beets are roasting, whisk together shallot, parsley, olive oil, balsamic vinegar, and red wine vinegar in a bowl until blended; season to taste with salt and pepper, and set aside.
 4. To assemble the dish, place the warm, sliced beets onto a serving dish, pour vinaigrette over the beets, and sprinkle with feta cheese before serving.



Reviewed on Feb. 8, 2008 by margaux made as written--used green onions instead of shallots. it was not only tasty, but has a great presentation. thanks! i've also seen versions with pine nuts and/or arugula.

Roasted Beets and Sautéed Beet Greens

"This is a great way to use every part of the fresh beets you buy. You can get two delicious side dishes out of this one vegetable."

- 1 bunch beets with Greens
- 1/4 cup olive oil, divided
- 2 cloves garlic, minced
- 2 tablespoons chopped onion (optional)
- salt and pepper to taste
- 1 tablespoon red wine vinegar (optional)

1. Preheat the oven to 350 degrees (175 degrees C). Wash the beets thoroughly, leaving the skins on, and remove the greens. Rinse greens, removing any large stems, and set aside. Place the beets in a small baking dish or roasting pan, and toss with 2 tablespoons of olive oil. If you wish to peel the beets, it is easier to do so once they have been roasted.
2. Cover, and bake for 45 to 60 minutes, or until a knife can slide easily through the largest beet.
3. When the roasted beets are almost done, heat the remaining 2 tablespoons olive oil in a skillet over medium-low heat. Add the garlic and onion, and cook for a minute. Tear the beet greens into 2 to 3 inch pieces, and add them to the skillet. Cook and stir until greens are wilted and tender. Season with salt and pepper. Serve the greens as is, and the roasted beets sliced with either red-wine vinegar, or butter and salt and pepper.



Reviewed on Nov. 5, 2004 by JUST-MARRIED I am AMAZED. I tried this recipe because I felt stuck in a vegetable rut. I wanted a veggie we don't eat often. I was wary because hubby doesn't like beets and I don't care for greens. But I tried it and it is SENSATIONAL. Hubby loved it, I loved it. The greens were the surprise hit. And felt great getting two veggies out of one.

Italian Chard Salad

12 lg. Swiss chard leaves, or 20 sm. leaves without stalks
3/4 c. green onions, chopped, or 2 shallots, minced
3/4 tsp. salt
2 - 4 tbsp. olive oil
Salt
Freshly ground pepper

- 2 tbsp. fresh lemon juice
- 2 tbsp. chives or parsley, minced
- 4 tbsp. ham, cooked and minced (optional)

Cook leaves: Tear chard leaves in half, and wash thoroughly in plenty of water. Shake excess water from leaves, place in large saucepan with 3/4 teaspoon salt, and cover. Bring to a boil quickly, reduce heat to a gentle boil, and cook 12 to 15 minutes until barely tender.

Drain, season: Transfer chard to colander. Press chard gently with spoon to extract excess water. Place in au gratin dish or shallow baker. Fluff leaves with 2 forks. Cool 1 to 4 hours until lukewarm or room temperature. When ready to serve, sprinkle remaining ingredients on top, toss gently and serve. Yield: 6 to 8 servings.

Cold Avocado, Spinach and Spring Onion Soup (Very Easy)

- 2 ripe avocados
- 1 lime
- 2-4 spring onions
- 1 lg bag of spinach
- Chilled stock
- Few drops of Tobasco
- Dash of Worcestershire sauce
- Salt and Pepper

1. Coarsely chop the avocados. Squeeze the lime juice and sprinkle a little over the avocado. Snip the spring onions into short segments.
2. Whiz the avocados with the spring onions, lime juice and almost all the spinach leaves. Add little chilled stock and whiz. Pour into a large bowl, add enough stock to get a runny but thick consistency.
3. Season to taste with Tabasco and Worcestershire sauce, salt and pepper.
4. Pour into individual bowls, add a few ice cubes if you like. Garnish with a few finely snipped spinach leaves.

Serve chilled with toasted French bread spread with Boursin or other good cream cheese.