

3. GRILLED PEACH AND BEET SALAD



Total Time:

45 min

Ingredients

For the salad:

- 1 beet- peeled and diced (can substitute canned beets if needed)
- 1 ripe peach- sliced, skin on
- 1 bunch arugula (or bib lettuce if you prefer to skip the peppery taste of arugula)
- 1 small shallot thinly chopped

For the dressing:

- Balsamic vinegar
- Olive oil
- Salt
- Pepper

Instructions

Pan roasting beets and peaches

- Add diced beets to a hot skillet with a small amount of oil. Cook on medium heat, tossing occasionally until a fork can slide in easily, 10-15 minutes.
- Remove from the pan, and add peaches to the hot pan.
- Stir gently roast until peaches have slightly browned but are still firm. Cool.

Prepare the Vinaigrette

- In a small bowl, whisk together $\frac{1}{4}$ cup olive oil, 2 tablespoons balsamic vinegar, and a good pinch of salt and pepper until emulsified.

Assemble the Salad

- In a large mixing bowl, combine, arugula, sliced cold beets and peaches, shallots and any additional toppings.
- Add vinaigrette, toss, and serve.

If you prefer to roast the beets in the oven, preheat your oven to 375°F (190°C). Wrap each beet in two layers of foil and place on a baking sheet. Roast for about 1 hour 20 minutes, or until a knife slides in easily. Let cool slightly, then peel the skins off. Chill for 1 hour or until it's cold.

Notes

Made by Sonny and Rois

