



Sustainable Solano
NURTURING INITIATIVES FOR THE GOOD OF THE WHOLE

Lavender-Infused Beet Salad with Balsamic Vinaigrette

Vinaigrette:

½ t. minced shallot
2 drops Dijon mustard
2 T. Il Fiorello Lavender Blackberry Balsamic Reduction vinegar
6 T. Il Fiorello Pendolino extra virgin olive oil
Salt and pepper, to taste
3-4 pinches fresh lavender blossoms, minced

Place shallot, mustard, vinegar, lavender and a couple pinches of salt and pepper in a small, deep bowl. Whisk to combine. Drizzle in olive oil while whisking to emulsify. Taste and adjust seasonings.

Salad:

8 cups tender salad greens (red leaf, green leaf, butter lettuce, etc.)
1 ½ lbs. beets (red, yellow, chiongia, etc.)
About ½ t. dried culinary lavender
¼ cup toasted pine nuts
8 oz. goat cheese or feta cheese
Additional lavender blossoms for garnish

Prepare the beets: Preheat oven to 400 degrees. Line a roasting pan with aluminum foil for easy clean-up. Cut beets (if needed) into uniform sizes. Place beets and about ½ cup water into the pan and add the dried culinary lavender. Cover the pan with foil and crimp the edges to seal. Roast until beets are tender and a paring knife slides in easily (check after 30 minutes). When cool enough to handle, rub peel off beets and slice as desired. While still warm, drizzle 1-2 T. vinaigrette on the beets and set aside.

Meanwhile, wash and dry the salad greens. When the beets are done, turn the oven down to 350. Place the pine nuts on a small sheet pan and toast until golden (check them after about 8 minutes; they burn easily!)

Gently toss salad greens with some of the vinaigrette. Place greens on plates and top with beets, then goat cheese and pine nuts. Sprinkle some lavender on top as garnish and serve. (Serves 6-8.)

Buy local! Get produce for this recipe from small Solano County farms.
Visit <http://sustainablesolano.org/local-food/> for resources and information.