

Roasted Beet Salad with Goat Cheese and Walnuts

Tender roasted beets pair beautifully with tangy cheese, toasted walnuts, and fresh parsley. No fancy vinaigrette required -- just drizzle the lot with some walnut oil and a few drops of thick balsamic vinegar.

Serves 4

3 large beets (about 1 pound total), scrubbed and trimmed
1 teaspoon olive oil
1/2 cup toasted walnuts
3 ounces fresh goat cheese, crumbled
1 handful flat-leaf (Italian) parsley
Walnut oil
Balsamic vinegar
Coarse salt and fresh cracked pepper

Preheat oven to 400 degrees. Place beets on a large plate and drizzle with olive oil. Sprinkle with salt and pepper, and wrap each beet separately in tin foil. Place in a small baking pan.

Roast for about an hour and 15 minutes, or until a skewer comes out with only slight resistance.

Very, very carefully open the foil to allow the steam to escape. Let beets rest until cool enough to handle.

Don an apron and, using a vegetable peeler or paring knife, slip off the skins. Refrigerate the beets, covered, until cold.

Slice beets thickly and arrange on a platter. Scatter with walnuts and goat cheese. (Use a fork when handling the cheese, or the beet juice on your hands will turn the cheese pink). Arrange the parsley alongside. Drizzle with the walnut oil, a few drops of good balsamic, and a nice sprinkling of coarse salt and fresh cracked pepper, if desired.