



FALL SALAD WITH BEETS APPLES AND WALNUTS

Ingredients:

1 lb. Local seasonal greens mix	1 lb. Puget Sound Fresh beets, red or a combination of red and golden
1 large tart Puget Sound Fresh apple	2 shallots, thinly sliced
1/2 cup walnuts, roasted	6 oz. Gorgonzola, crumbled

Walnut Vinaigrette:

3 Tblsp red wine vinegar	1 Tblsp balsamic vinegar
2 tsp Dijon mustard	6 Tblsp olive oil
6 Tblsp walnut oil	1/2 tsp salt & pepper to taste

Wash the beets and trim the greens (save for sauté). Steam or bake beets (covered) for 30-60 minutes depending on size. Peel when lukewarm and set aside to cool. When cool, cut into wedges, cubes or julienne.

Wash and dry the greens. Cut the apple into quarters, remove the core and thinly slice or julienne.

To assemble, prepare the vinaigrette by combining the vinegars and mustard and then mix in the oils. Season with salt and pepper. Toss the greens with a little vinaigrette and arrange on a platter or individual plates. Toss the beets and sliced shallots with vinaigrette and sprinkle over the greens. Toss the apple with remaining vinaigrette or just enough to coat the slices and sprinkle over the beets. Top with roasted walnuts and crumbled Gorgonzola.

Serves 4-6

From: Chef Vicky McCaffree, Yarrow Bay Grill and Beach Café, Kirkland, WA

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This recipe is being suggested as a great method for preparing Puget Sound Fresh ingredients. Please follow safe food-handling practices and check for possible food allergies before preparing and serving any food item.