



HEIRLOOM BEET SALAD WITH FETA AND PUMPKIN SEEDS

This colorful and tasty salad pairs the earthy flavor of beets with distinct flavor of feta and surprising crunch of toasted pumpkin seeds. Roasting the beets allows them to retain their brilliant color and flavor.

Serves 4, can easily be doubled.

Ingredients

2 bunches of beets, about 4 lbs.
Extra virgin olive oil, $\frac{1}{4}$ cup, divided
Kosher salt, $\frac{1}{2}$ teaspoon
Sherry vinegar, 6 tablespoons
Shallot, 1, thinly sliced
Local honey, 2 tablespoons
Feta cheese, 4 oz., crumbled
Arugula, $\frac{1}{2}$ cup packed leaves
Toasted pumpkin sees (recipe, below)
Salt and freshly cracked black pepper, to taste

- Preheat oven to 400°F.
- Cut greens off beats, leaving about $\frac{1}{2}$ inch of stem. Scrub beets and toss with 2 tablespoons of the oil and $\frac{1}{2}$ teaspoon salt.
- Pace beets in a large roasting pan with 1 tablespoon water. Cover tightly with foil and roast until beets are tender when pierced, about 40 minutes. (The roasting time will depend on the size and type of beet, so it's best to check them earlier.)
- Remove foil and let cool. Peel beets by slipping the skins off with your fingers. Slice beets into wedges and set aside.
- In a medium bowl, combine the remaining olive oil, vinegar, honey and shallot. Stir in beets, cover and refrigerate for at least 2 hours or for up to 12 hours.
- Drain dressing from the beets and place them on a serving platter. Sprinkle with feta, arugula and pumpkin seeds. Season to taste with salt and pepper.

Toasted Pumpkin Seeds

- In a large cast-iron skillet, toast pumpkin seeds over medium heat, stirring constantly, until puffed and slightly brown, about 10 minutes. Drizzle with oil and sprinkle with salt, stirring to coat. Serve warm or at room temperature. (Make ahead: Store in an airtight container for up to 3 days.)

Source: *Earth to Table* by Jeff Crump & Bettina Schormann