

## **Beet/Walnut/Goat Cheese Salad**

(From Joey Michaud)

This is great to do with fresh beets in the Summer. It gets even better after a day or so in the frig. You can eat it as a side salad or you can put it on greens from the garden, too.

6-8 medium beets  
4 oz goat cheese, crumbled  
4 oz black walnuts  
1 TB corn syrup (i.e., Karo)  
1/2 cup vinaigrette salad dressing

In a large pot, boil beets for 20-30 minutes, or until just tender (don't over-cook, they will soften in refrigerator). Remove, put in ice bath, and remove skin. Cut into large matchsticks and set aside. In a small, non-stick pan, saute walnuts on medium heat until they begin to toast. Drizzle corn syrup evenly over walnuts and shake constantly to coat. Keep on heat just long enough for walnuts to caramelize, then remove to cool. Top beets with cheese and walnuts, and lightly dress. Stir gently and refrigerate.