

Julie Van Rosendaal's

Roasted Beet Salad with Wild Rice & Goat Cheese

This grainy winter vegetable salad is perfect for big fall feasts. Beets are easy to roast alongside anything else you might have going in the oven. Just trim the beets, wrap individually in foil and tuck into the empty spaces on the oven rack. Depending on shape and size (long beets cook faster than round ones), they take about an hour to roast. If you want to do it ahead of time, store them in the foil (in a bowl, to catch the brilliant red drips) in the fridge for up to a week. For a large crowd, the recipe doubles easily.

INGREDIENTS:

- 1½ lb. beets (about 3 medium)
- ½ cup wild rice
- 2 chard leaves, tough rib discarded and leaves chopped
- 2 green onions, sliced
- 5 oz. (150 g) soft goat cheese
- 1/3 cup walnuts, toasted (Note: Carol & Erica used **Candied** Pecan pieces which were Wonderful!)

DRESSING:

- 1/3 cup canola or olive oil
- 2 tbsp red wine vinegar
- 1 tbsp balsamic vinegar
- 2 tbsp maple syrup
- 1 garlic clove, crushed

PROCEDURE:

- 1) To roast the beets, turn the oven on to 400°F, wash the beets and wrap them individually in foil. Place directly on the oven rack and bake until tender when pierced with a knife, 1 to 1½ hours. When cool enough to handle, slip the skins off the beets and cut them into bite-sized chunks.
- 2) In a medium saucepan, bring 2 cups of water to a boil and add the rice; turn down to a simmer, cover and cook for 35 minutes. Turn the heat off and let the rice rest covered on the stove for another 15 minutes. Drain and set aside to cool.
- 3) Toss the rice, beets, chard and onions. Shake together the dressing ingredients in a small jar; pour ovetop and toss to coat. Scatter with goat cheese and walnuts right before serving. Serves 6.

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