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Prevent and Protect
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GOLDEN BEET SALAD WITH WHEAT BERRIES AND PUMPKINSEED VINAIGRETTE

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Makes 8 servings

Ingredients:

- 4 medium golden beets
- 3 tablespoons extra-virgin olive oil, divided
- 1 cup uncooked wheat berries
- 2 cups water
- 1/2 cup unsalted pumpkinseed kernels, toasted and divided
- 1 tablespoon honey
- 1 tablespoon Dijon mustard
- 1 tablespoon sherry vinegar
- 1/4 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/3 cup diced celery
- 1/4 cup thinly sliced shallots
- 2 tablespoons chopped fresh chives
- 1/4 cup celery leaves

Preparation:

- Preheat oven to 400
- Leave root and 1 inch of stem on beets; scrub with a brush. Place beets in the center of a 16x12-inch sheet of foil; drizzle with 1 tablespoon oil. Fold foil over beets; tightly seal edges.
- Bake at 400 for 1 hour and 20 minutes or until tender. Unwrap beets; cool. Trim off beet roots, rub off skins. Cut beets into wedges.
- While the beets cool, combine wheat berries and 2 cups water in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer for 1 hour or until tender, stirring occasionally. Drain; cool slightly.
- Place 1/4 cup pumpkinseed kernels in a large bowl, and coarsely crush with back of a spoon. Add honey and next 4 ingredients (through pepper); stir well with a whisk. Gradually add remaining 2 tablespoons olive oil, stirring constantly with a whisk. Add beets, wheat berries, celery, shallots, and chives; toss gently.
- Sprinkle with the remaining 1/4 cup pumpkinseed kernels and celery leaves.