

## Luscious Beet Salad with Toasted Pumpkin Seeds

*I love this salad because it uses the whole beet and it adds beautiful color and a bounty of vitamins to a simple grain-bean meal. The pumpkin seeds puff up and smell magnificent when toasted.*

Prep Time: 15 to 20 minutes

Cooking Time: 1 hour

### Salad:

4 large beets

1/4 cup pumpkin seeds (these are green in color and found in the bulk foods section)

1 bunch beet greens

2-3 cups arugula leaves, washed and torn into bite-sized pieces

2 scallions, finely chopped

1/4 pound feta cheese (optional)

### Dressing:

3 tablespoons extra-virgin olive oil

2 tablespoons balsamic vinegar

3/4 teaspoon Dijon mustard

1/4 teaspoon freshly ground pepper

1 tablespoon finely chopped fresh basil

1. Wash beets and remove tops. Place beets in a large pot filled with water and bring to a boil. Lower heat and simmer until beets are tender (about an hour), or pressure-cook the beets in 1 inch of water for 30 minutes. Set aside to cool.

2. Toast pumpkin seeds by placing in a dry skillet over medium heat. Move the skillet back and forth over the heat with one hand; stir the seeds using a wooden spoon with the other hand. This toasts the seeds evenly and prevents burning. When seeds begin to pop and give off a nutty aroma, they are ready. Remove seeds from skillet and set aside.

3. To prepare beet greens, bring a large pot of water to a boil. Wash beet greens by submerging the bunch in a sink full of cold water. Shake off water and chop the bunch into bite-sized pieces. Drop greens into boiling water and let cook for about 30 seconds, just enough to make the stems tender. Place greens in a colander and run cold water over them to halt cooking.

4. Place all dressing ingredients in a jar and shake well. Peel beets and cut into small cubes. Squeeze excess water out of the cooked beet greens. Put cubed beets, beet

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greens, pumpkin seeds, arugula and scallions in a salad bowl. Pour dressing over salad and toss gently. Crumble feta cheese on top. Serve at room temperature or chilled.

### **Nutritional Information**

Makes 6 servings

Per Serving:

Calories: 153

Fat: 12g

% fat calories: 65

Cholesterol: 17mg

Carbohydrate: 8g

Protein: 6g

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