

Beet Greens and Arugula Salad with Raspberry Vinaigrette



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Serves 2 as a light meal

Prep time: 15min

Difficulty: Basic

Category: Salads & sides, Vegetarian

This is more of a guideline than an actual recipe. The ratio of beet greens, arugula and raspberries is entirely up to you and your tastes. You could substitute walnuts with other nuts and add some goat's cheese for creaminess. Roasted beets would also work great here. For the raspberry vinaigrette, however, you should measure your ingredients. You want to balance the flavors well, so stick to the recipe and then try some dressing on its own. If the raspberries are tart, you might need more honey. This recipe makes more vinaigrette than you will need, so store the leftovers in your refrigerator and use for other salads. Serve this salad as a really light and refreshing meal or a side salad. It goes so well with some simple grilled chicken and couscous.

For the beet greens salad:

Ingredients

2 large bunches of beet greens, cut into 2 cm strips and stems removed
4 handfuls of arugula
20 fresh raspberries
40g toasted walnuts
some chive blossoms for garnish (optional)

Directions

In a large bowl, combine together beet greens and arugula. Add fresh raspberries and vinaigrette and mix gently with your hands. Sprinkle with walnuts and chive blossoms and serve.

For the raspberry vinaigrette:

Ingredients

40g fresh raspberries
1 tsp white sugar
50ml balsamic vinegar
20ml olive oil
1 tsp honey
pinch of salt

Directions

Mash raspberries and sugar together in a bowl. Set aside until mixture is juicy, about 10 minutes. Pour berry mixture into a jar with a lid. Add balsamic vinegar, olive oil, honey, and salt. Cover with a lid and shake until mixed well. Use immediately or store in your refrigerator.