



Ingredients

- ✓ 1-1/2 lbs. golden or red beets or a combination (about 4 medium)
- ✓ 3/4 cup walnut pieces
- ✓ 1/3 cup chopped red onion
- ✓ 3 Tbs. chopped fresh flat leaf parsley
- ✓ 3 Tbs. extra virgin olive oil
- ✓ 3 Tbs. red wine vinegar
- ✓ 2 tsp. finely chopped garlic (about 2 cloves)
- ✓ ½ tsp. salt
- ✓ Freshly ground pepper to taste
- ✓ 4oz-6oz feta cheese, crumbled or diced, or non-dairy “cheese”

Preparation

1. Scrub beets, trim off leaves and stem ends and put in a large saucepan covered with ample water. Cover and simmer until tender when pierced with a knife. This can take an hour or so, depending on the size of the beets. Set aside until cool enough to handle.
2. Slip off skins and cut beets in ½” slices. Put in medium bowl with walnuts, red onion, parsley, olive oil, red wine vinegar, garlic, salt and pepper and mix thoroughly.
3. Serve, garnished with feta cheese or non-dairy cheese.