
Beet Salad with Toasted Pumpkin Seeds

Serves 6

Ingredients:

Salad

- 4 large beets
- ¼ cup toasted pumpkin seeds
- 1 bunch beet greens
- ¼ lb feta

Dressing

- 3 Tb extra virgin olive oil
- 2 Tb balsamic vinegar
- ¾ Tb Dijon mustard
- ¼ tsp freshly ground pepper
- 1 Tb finely chopped basil

Directions:

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- Wash beets and remove tops. Place beets in large pot filled with water and bring to boil. Lower heat and simmer until beets are tender (about an hour). Set aside to cool.
 - Toast pumpkin seeds by placing seeds in a dry skillet over medium heat. Move skillet back and forth over heat with one hand. Stir the seeds with wooden spoon with other hand. This will toast seeds without burning. When seeds begin to pop and give off a nutty aroma they are ready. Remove seeds from skillet and set aside.
 - Bring large pot of water to boil.
 - Wash beet greens by submerging the bunch in a sink 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 stems tender. Place greens in colander and run under cold water to stop cooking.
 - Place all dressing ingredients in jar and shake well.
 - Peel beets and dice into small cubes.
 - Squeeze excess water out of cooked beet greens.
 - Put cubed beets, beet greens, pumpkin seeds and scallions in a salad bowl. Pour dressing over salad and toss gently.
 - Crumble feta cheese on top. Serve at room temp. or chilled.