



## Beet Salad with Caramel Yogurt, Olive Oil and Baby Greens

*Chef Demo by Chef Todd Richards (of Rolling Bones Restaurant) - 4/17/2010*

*Serves 1*

4 Baby Beets

2 tsp. Caramel Yogurt

1 tsp. Olive Oil

1 cup Baby Greens

Sea Salt & Pepper to taste

### *Method:*

Wash beets in cold water remove sand. Place beets in foil and bake in oven @ 350 for 40 minutes. Remove beets from foil and let stand for 10 minutes. With a paper towel gently remove outer skin. Cut beets in quarters and place in refrigerator to cool. To make the salad; place yogurt on a plate allowing enough diameter for each beet to rest. Wash green in cold water insuring they are dried. Place beets on yogurt leaving a small area in the center for greens. Place greens in the center ensuring they are touching the yogurt. Drizzle olive oil on top of beets and greens. Sprinkle one crystal per beet of sea salt on each beet. Topped with fresh cracked pepper. Recipe can be doubled, too.

### *Modifications:*

Firm cheeses can be added to this salad. Also the addition of toasted pecans and pumpernickel croutons can be a great addition. The salad can also be made into an entree using roasted chicken, leg of lamb steak, or even pork tenderloin.

### *Featuring:*

- Split Cedar Farm - Beets
- Abundant Harvest Gardens - Lettuces & Atlanta Fresh Yogurt