

## Beet Salad with Crème Fraîche

Earth Day Dinner | April 2007



*Serve this as a side dish or with grilled or toasted bread to make bruschetta. Chef Hugo Matheson uses both gold and red beets but suggests cutting the two kinds separately so the red beets don't discolor the gold.*

- 2<sup>1</sup>/<sub>2</sub> LB. MEDIUM BEETS
- 2 TSP. FINELY SHREDDED LEMON PEEL
- 1 SPRIG THYME
- 1 TSP. EXTRA-VIRGIN OLIVE OIL
- 1/2 TSP. SALT
- 1/4 TSP. GROUND BLACK PEPPER
- 2 SHALLOTS, FINELY CHOPPED
- 1 TBSP. RED WINE VINEGAR
- 3 TBSP. EXTRA-VIRGIN OLIVE OIL
- CRÈME FRAÎCHE
- CHOPPED FRESH CHIVES

Scrub beet skins to remove dirt; trim off ends. Toss with lemon peel, thyme, 1 teaspoon olive oil, salt, and pepper. Wrap in foil, place in a shallow roasting pan, and bake in a 350° oven for 1 to 1<sup>1</sup>/<sub>4</sub> hours or until beets are tender. Remove from the oven and let cool. When cool enough to handle, remove from foil. Peel beets and slice into 1/4-inch-thick slices.

For dressing, combine shallots, vinegar, and remaining oil. Place beets in a serving bowl. Drizzle with dressing; toss. Top with dollops of crème fraîche and chives. Makes 6 to 8 servings.

**\*NOTE:** For bruschetta, spread grilled or toasted slices of good-quality rustic bread with crème fraîche. Top with beet mixture and chives.

Per serving of salad: 170 cal., 14 g fat (6 g sat. fat), 30 mg chol., 228 mg sodium, 10 g carbo., 3 g fiber, 2 g pro.