



BEET AND GOAT CHEESE SALAD

This no-oil dressing is thickened with syrup to coat the vegetables

Ingredients:

- 6 medium Beets
- 1 tbsp. Chopped Parsley
- 3 oz. Feta Goat Cheese, crumbled
- 2 tbsp. Robert Lambert Blood Orange Syrup
- 2 tbsp. Balsamic Vinegar

Directions:

Boil beets 20-30 minutes until they can be pierced with a skewer. You may also bake the beets in a 400* oven in a covered roasting pan for 45 minutes.

Cool, slide off skin and stem ends under running water. Slice thin. Put them in a jar or plastic container and add the parsley, syrup and vinegar. Shake well. (They will keep like this for up to a week.) To serve, slide onto plates and top with crumbled goat cheese.