

Baby Arugula Salad with Beets, Gorgonzola Cheese and Candied Pecans



Ingredients

- 6 cups Baby Arugula
- 4 oz Goat cheese
- 1 cup of Whole Pecans
- 1 tbsp olive oil
- ½ cup sugar
- ½ tsp salt
- 3 Beets, assorted colors, boiled until soft

BALSAMIC VINAIGRETTE

- ½ cup Balsamic Vinegar
- 1 ½ cups Extra Virgin Olive oil
- 5 cloves garlic
- 1 tbsp stone-ground mustard
- ½ tbsp Shoyu or Tamari
- ¼ tsp pepper
- ¼ tsp salt
- ¼ cup chopped fresh parsley and any other fresh herbs you like

Instructions

1. Start by toasting Pecans.
2. Mix sugar and salt together in plastic bag.
3. Toss pecans with olive oil and add to plastic bag. Shake them and bake for 30 minutes, stirring them after 15 minutes.
4. Wash and spin dry Arugula.
5. Wearing gloves, peel beets and cut into cubes.
6. Crumble cheese.
7. Toss Arugula with dressing.
8. Garnish with beets, cheese and pecans.

