

Kasey Rhodes

Junior, Wood County 4H

Fruit Vegetables Category

Fresh Beet Salad with Mandarins, Sautéed Onions and Parsley

4 medium or 6-8 small beets

1 rosemary sprig

¼ cup rice wine vinegar

¼ cup orange juice

½ teaspoon salt

4 mandarin oranges

½ tablespoon olive oil

1 and ½ cups thinly sliced onions

1 bunch parsley, finely chopped

Beet dressing

1 tablespoon olive oil

Optional is garnish of feta cheese

1. Remove stems and leaves from beets. Scrub beets to clean and steam them until almost soft, about 20 minutes.
2. Remove beets from steamer and allow to cool.
3. Reduce liquid from steamed beets to 1 cup. Place the beet liquid, rosemary, rice vinegar., orange juice and salt in saucepan until ¼ cup remains, about 10 minutes.
4. Meanwhile, peel and section mandarin oranges.
5. In a sauté pan, sauté onions with olive oil and cook until almost dark.
6. When the beets have cooled, spiralize them.
7. To make dressing, add olive oil and balsamic vinegar to reserved ¼ cup beet mixture liquid.
8. Place the dressing in a bowl, add orange sections, sautéed onions, and spiralized beets. Gently fold together. Add chopped parsley to garnish and feta cheese, if desired.