

Spinach, Beet and Berry Salad

Vinaigrette:

- 3 Tbs Olive Oil
- 1 Tbs Balsamic vinegar
- 1 tsp Honey
- ½ tsp Pepper
- 1 tsp Fresh rosemary, finely chopped

Mix together, stirring well, and refrigerate.

Salad:

- 2 cups Spinach (or other greens)
- ¼ cup Strawberries, quartered
- ¼ cup Blueberries and blackberries
- ½ cup Beets, raw, thinly sliced
- 3 Tbs Goat cheese, crumbles
- 1 ½ Tbs Walnuts or pecans, chopped and toasted

Mix the salad together and toss with 1 tablespoon of the vinaigrette.

This recipe is from “Everyday Vegetarian”, by the editors of Cooking Light, available at Howard County Library. This and other cookbooks using seasonally-available fresh produce are part of a special collection of cookbooks donated to the Library by Howard County Farmers’ Market and Nashville Growing Healthy Communities with a grant from Blue and You Foundation for a Healthier Arkansas.

Taste This!

Howard County Farmers’ Market
May 18, 2018

Beets in this presentation were from
Market grower Charles Wright.