



Winsted Farmers Market
www.winstedfarmersmarket.org

Spinach Salad with Roasted Beets & Feta

From Fresh From the Farmers' Market Cookbook by Janet Fletcher

We're excited that you have chosen to shop at the Winsted Farmers Market this week! To help you make the most of everything our farmers have to offer we've collected some recipes featuring seasonal food.

Stop by our booth and let us know what you think! Visit our Facebook page to share recipes of your own, or email recipes@winstedfarmersmarket.org to have them included in these flyers.

Makes 4 servings

Ingredients:

1 pound small beets

4 tsp sherry vinegar, plus more as needed

2 cloves garlic, finely minced

1/4 cup extra virgin olive oil

Salt and black pepper to taste

1/4 red onion, thinly sliced

1/4 pound baby spinach leaves

3 ounces feta cheese (Greek, Bulgarian, or French are great but local is better!)

Preheat oven to 375°. Trim greens from beets leaving 1/2 of stem to avoid piercing beets (save the beet greens for another use). Put beets in a baking dish with 1/4 cup of water. Cover tightly and bake until tender, 40 to 45 minutes. Cool slightly, then peel. Let beets cool completely, then cut into 1/2 inch wedges.

In a small bowl, whisk together 4 teaspoons vinegar, the garlic, the olive oil, and the salt and pepper.

In another bowl, toss together beets and onion with half of the dressing. Let stand 10 minutes to absorb flavors, then taste and sprinkle with more vinegar if necessary.

In a large bowl, toss spinach with remaining dressing. Taste and adjust seasoning. Divide equally among four plates. Top with beets, onions, and crumbled feta.