

Summer Strawberry Beet Salad

4 servings



The combo's a late-spring classic for brunch or lunch that can go simple or sophisticated. Tumble the berries and beets with splashes of the oil, vinegar, then top with the whipped dairy and herbs, or follow the serving directions below.

Short on time? Skip the roasting and pick up vacuum-packed beets in the produce section.

INGREDIENTS

- 4 or 5 golf ball-size **beets**, preferably a mix of red and golden
- Mild-tasting **olive oil**
- 1 pound ripe **strawberries**, hulled and rinsed
- Fine **sea salt**
- 2 teaspoon granulated **sugar**
- 1 heaping cup **cottage cheese**
- 3 tablespoons **heavy whipping cream** (may substitute 2 tablespoons olive oil)
- 1½ teaspoons **honey**
- Splash of **white balsamic vinegar** (may substitute unseasoned rice vinegar)
- Freshly **ground black pepper**
- Chopped or torn **fresh herbs**, such as tarragon, mint or basil leaves
- Slivered or coarsely chopped **unsalted, shelled pistachios**, for garnish (optional)

DIRECTIONS

1. Preheat the oven to 400 °F. Keeping the colors separate, drizzle the **red and golden beets** with **olive oil**, wrap in aluminum foil, place on a baking sheet, and roast until tender enough to give a little when pinched, 35 to 45 mins. Cool for 10 minutes, then unwrap and scrape off/discard the skins (rinsing under cool running water's an easy way to do this). Cut the roasted beets into halves or quarters, again keeping them separate so their colors don't run.
2. Meanwhile, cut the **strawberries** into halves or quarters and place in a fine-mesh strainer. Lightly season with the **salt** and **sugar**. Let them sit for 15 minutes, then toss gently.
3. Combine the **cottage cheese, heavy cream, honey, and vinegar** in a food processor or blender; puree until whipped creamy-smooth. Taste, and lightly season with **pepper**, pulsing to incorporate.
4. To serve, spread the whipped dairy mixture in the bottom of a shallow bowl or on a platter. Scatter the beets and berries evenly over it, then sprinkle the **herbs** and the **pistachios**, if using, over the top. Finish with a drizzle of **olive oil**.



FUN FACT: The fiber, carb, protein, and calcium contents of strawberries and beets are almost identical.