Roasted Beet and Walnut Salad with Kombucha Vinaigrette

INGREDIENTS

- 2 pounds beets, red or golden or a combination
- 2 pounds yams or sweet potatoes
- 2 tablespoons olive oil
- 1 cup chopped walnuts
- 1 small red onion, sliced into rings no thicker than 1/8 inch
- 8 oz. arugula, spinach or other greens de-stemmed and roughly chopped if large

Kombucha Vinaigrette:

- 1/2 cup kombucha (a neutral flavor will work best for this)
- 1 teaspoon fine salt
- 1/2 teaspoon ground allspice
- 1/2 teaspoon minced fresh ginger or ground ginger
- 1/4 cup nut or seed oil
- 1/3 cup extra-virgin olive oil

Whisk Vinaigrette ingredients together and set aside

DIRECTIONS

1. Preheat the oven to 425°F.

2. To prepare the salad, trim the beets and yams by removing any tops and the tips of their roots. Coat with olive oil and salt and wrap with foil. Roast for 45 to 60 minutes, until they yield under the pressure of a fork. Alternatively, cut the beets into bite sized pieces (about 1 inch dice), coats with olive oil and salt and roast 35-45 minutes until tender.

3. Refrigerate or place in freezer for quick cooling.

4. Just before serving, heat a skillet over medium-high heat for 2 to 3 minutes until very hot. Toss in the walnuts and toast them for 3 to 5 minutes, stirring frequently to avoid scorching. Remove the cold beets/yams from the fridge, if whole, peel and chop into bite-sized pieces. In a large bowl, toss the beets and yams with the sliced onion and toasted walnuts. Toss in trimmed, whole or roughly chopped greens.

5. Drizzle with the vinaigrette, toss again, and serve.

Adapted from: The Nourished Kitchen: Farm-to-Table Recipes for the Traditional Foods Life-style) (Ten Speed Press 2014).