



## Chef Tad's Beet Salad with Goat Cheese & Walnuts

*Servings: 4*

1 pound fresh beets — parboiled and cleaned  
 1 fluid ounce lemon juice  
 1 clove garlic — minced  
 1/4 teaspoon salt  
 Freshly ground pepper  
 2-7/8 fluid ounces olive oil  
 4 cups mixed greens  
 1 green onion — very thinly sliced  
 1/2 cup crumbled goat cheese  
 1/4 cup chopped walnuts — toasted



A recipe from  
 Chef Tad Cousino  
 Frog Leg Inn,  
 Erie, Michigan

[www.frogleginn.com](http://www.frogleginn.com)

← Fold Here

Scrub the beets very well. Fill a 3-quart saucepan half way with water and bring to a boil. Cook the beets until tender when pierced with a sharp knife, about 45 to 60 minutes. Drain well and let cool. Slip the skins off the beets. Dice the beets and place in a bowl. To make the dressing: Whisk together the lemon juice, garlic, salt, pepper and oil. Pour a few tablespoons on the beets and toss. Just before serving, combine the greens and scallion in a large bowl. Pour on most of the remaining dressing and toss. Add more if needed. Place the greens on 4 salad plates. Spoon on a mound of beets. Sprinkle with the goat cheese and walnuts. Serve immediately.

Copyright 2007 Frog Leg Inn, Erie, Michigan, All Rights Reserved  
[www.frogleginn.com](http://www.frogleginn.com)

