

Beet and Arugula Salad with Berries  
By Martha Rose Shulman  
"Blueberries for All,"  
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Total Time: 15 minutes

Servings: 6 to 8

### **Ingredients**

#### **For the Dressing**

1 tablespoon plus 2 teaspoons sherry vinegar  
1 teaspoon balsamic vinegar  
Salt to taste  
½ teaspoon Dijon mustard  
4 tablespoons extra- virgin olive oil  
1 tablespoon walnut oil

#### **For the Salad**

3 medium-size beets, roasted\*  
1 bunch or 6-ounce bag arugula, preferably wild arugula (about 6 cups)  
⅔ cup blueberries, blackberries or a combination  
3 tablespoons broken walnuts  
1-2 tablespoons chopped fresh tarragon

### **Preparation**

1. Whisk together vinegars, salt, Dijon mustard, olive oil and walnut oil.
2. Peel beets and slice in half-moons or wedges. Place in a salad bowl and toss with 2 tablespoons of the dressing.
3. Add remaining salad ingredients and remaining dressing, toss well and serve.

Donna's Notes: to roast beets, wash with vegetable brush. Place on a large sheet of foil and drizzle with some olive oil. Fold packet tight and place on Pyrex pie plate or rimmed baking sheet. Preheat oven to 400° and roast for approximately one hour, depending on size of beets.