



We grow organic
just for you!

FARMERS
TERRYANN & DICK
CARKNER

TERRY'S BERRIES
4520 RIVER ROAD
TACOMA, WA 98443
(253) 922-1604

TERRYANN@TERRYSBERRIES.COM
WWW.TERRYSBERRIES.COM

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Beet Salad with Toasted Pumpkin Seeds

A favorite from *Feeding the Whole Family* by Cynthia Lair This is a must try for those who think they don't like beets

Salad:

4 large beets
1 /4 cup pumpkin seeds, toasted
1 bunch beet greens, (or chard, collard greens, spinach)
2 scallions, finely chopped (green onions)
1 /4 lb feta cheese (optional but very good!)

Dressing:

3 tbsp olive oil
2 tbsp balsamic vinegar
3 /4 tsp Dijon mustard
freshly ground pepper
1 tbsp finely chopped fresh basil

Wash beets, remove tops. Place beets in a large pot filled with water and bring to a boil. Lower heat and simmer until beets are tender (about 1 hour, but depends on size of beets.) Set aside to cool. (Terry's note: I like to cook beets and have on

Toast pumpkin seeds by placing seeds in a dry skillet over medium heat. Move the skillet back and forth over the heat with one hand; stir the seeds using a wooden spoon with the other hand. This will toast the seeds evenly and prevent burning. When seeds begin to pop and give off a nutty aroma they are ready. Remove seeds from skillet and set aside.

To prepare greens: bring a large pot of water to boil. Chop greens into bite-size pieces and wash (I use lots of chard) by dunking in your salad spinner filled with water, or a sink or large pot full of cold water. Shake or spin off water. Drop greens into boiling water and let it cook for about 30 seconds, just enough to make the stems tender. (I removed the stems!) Place greens in a colander and run cold water over them to halt cooking.

Place all dressing ingredients in a jar and shake well. Peel beets and cut into small cubes. Squeeze excess water out of the cooked greens. Put cubed beets, greens, pumpkin seeds, and scallions in a salad bowl. Pour dressing over salad and toss gently. Crumble feta cheese on top. Serve at room temperature or chilled.