

# Israeli Beet Salad

**Source:** Chef Shaul Ben-Aderet, cuisineculture.tv

**Serves:** 4

## Ingredients:

- 4 fresh beets, baked, peeled & diced into ½" pieces\*
- 50 grams of roasted pine nuts (about ½ cup)\*\*
- 2 TBSP of chopped mint
- 2 TBSP of chopped cilantro
- 4 Pitted Prunes
- 4 TBSP of pomegranate juice
- 1 TBSP of balsamic vinegar
- 2 TBSP of date syrup
- 2 TBSP of olive oil
- salt & pepper
- goat cheese
- brown sugar

## Preparation:

1. Bake beets in 400 deg F oven, wrapped in tin foil, until tender for 45 min to 1 hour depending on size. Cool.
2. Make a dressing from the pomegranate juice, balsamic vinegar, date syrup, olive oil, salt and pepper.
3. Cut the prunes into narrow strips.
4. Crumble goat cheese.
5. Mix the ingredients and top the salad with the cheese.

## Notes:

\*Cooked beets will stain your hands so wear gloves to peel and cube.

\*\*Toasted blanched slivered almonds can be used in lieu of pine nuts.