### Roasted Beet, Pecan, and Goat Cheese Salad
**Originally aired 4/17/12**

(Serves 4)

**Ingredients:**
- 1.5 lb. beets, top and bottom removed
- 1 Tb. olive oil
- Salt and cracked pepper
- ½ cup pecans, toasted, rough chop
- 1 cup baby arugula or other lettuce you prefer
- 1.5 Tb. extra virgin olive oil
- 1 tsp. lemon zest or preserved lemon zest
- Salt and pepper to taste
- 4 Tb. fresh goat cheese

**Equipment needed:**
- 1 Cutting board
- Chef’s knife
- 2 mixing bowls
- 1 set of tongs or spoon for mixing
- 1 measuring cup
- Measuring spoons
- Foil
Instructions:

1. Preheat an oven to 350 F. Meanwhile, rinse the beets in a bowl of cold water and allow them to sit in the water for about 5 minutes to let the dirt settle to the bottom. Remove from the water, discard and repeat if necessary.

2. Dry the beets, and place them in a large mixing bowl. Add the olive oil and sprinkle with salt and mix to coat the beets evenly with the oil.

3. Place the beets on a half size sheet pan in an even single layer on a sheet of foil, wrap them, and place them in the oven. Roast for about 45 to 60 minutes depending on the size. Check the tenderness with a knife or cake tester at the 40 minute mark. The beets should be tender all the way through.

4. Place the pecans on a sheet pan and place them in the oven to toast for about 10 minutes. Remove them from the oven and allow them to cool and rough chop them.

5. Remove the beets and allow them to cool slightly. With a kitchen towel, rub away the skin from under the top to the bottom of the beet. Cut the beets into whatever shape you prefer, but make them bite size pieces.

6. Place the beets, arugula, lemon zest, and pecans in a mixing bowl and season with salt and pepper. Drizzle in the olive oil and mix evenly. Serve on whatever plate you like and sprinkle with fresh goat cheese. Enjoy!