

Roasted Balsamic Beet and Raw Zucchini Salad

Serves 2 as a light supper; 4 as a side:

Ingredients

Beets:

1 bunch beets

fresh thyme sprigs

olive oil

kosher salt and freshly ground black pepper

2 teaspoons chopped thyme leaves

sea salt and freshly cracked pepper

Balsamic Reduction:

1/2 cup balsamic vinegar

fresh thyme sprig

Zucchini:

2 to 3 zucchini

juice of 1 lime

1 tablespoon chopped mint leaves

extra virgin olive oil

sea salt and freshly cracked pepper

Preparation

Preheat oven to 400 degrees.

Rinse beets and use a serrated peeler to remove the skin.

Slice off the root and stem ends, cut each beet in half lengthwise, then chop each half into 3 or 4 wedges.

Place the wedges on a large sheet of aluminum foil.

Sprinkle several thyme sprigs over beets and drizzle with olive oil.

Season with kosher salt and freshly ground black pepper.

Seal the aluminum packet on all sides and place on baking sheet.

Put into oven to roast for 30 to 45 minutes, or until wedges can be easily pierced with a knife.

Set aside to cool slightly.

Make Balsamic Reduction: in a small saucepan over medium heat, add vinegar and a sprig of thyme.

Bring to a boil; adjust heat so vinegar is rapidly simmering.

Cook until reduced by half, about 5 or 6 minutes; let cool.

Place the warm beet wedges in a medium bowl and drizzle with the balsamic reduction.
Top with fresh thyme leaves, season with sea salt and freshly cracked black pepper, and toss well.

Cut off the root and stem ends of each zucchini and slice in half lengthwise.
Place cut side down and use a U-shaped peeler to slice ribbons from each zucchini half.
Remove outside slices of peel and place rest of the zucchini ribbons in a medium bowl.
Dress with lime juice, mint leaves, olive oil, sea salt and freshly cracked black pepper; toss well.

To serve the salad, make a mound of the zucchini ribbons in the center of a platter.
Carefully make a circle around the edge with the beet wedges.
Add slivers of a strong, creamy blue cheese, like French Bleu d'Auvergne, to round out the dish.

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