



Can't Beet This! Appetizer

with Goat Cheese & Mint

Makes 35–40 appetizers ~ \$10.25 (approx. \$.28 per serving)

Ingredients

- 6 – 8 fresh beets (approx. 2 lbs.)
- 1/3 – 1/2 cup extra virgin olive oil
- 3 – 4 Tbsp. balsamic vinegar
- 2 Tbsp. Honey
- 2 tsp. Dijon mustard
- 1 container (6 oz.) goat cheese crumbles
- Fresh mint leaves (stacked, rolled and cut – chiffonade/thin ribbons)

Directions

1. Preheat oven to 400°.
2. Trim ends off of beets and peel. Slice in ¼" slices and place in a large bowl. Combine oil, vinegar, honey and mustard. Pour over beet slices and toss to coat thoroughly. (Hands are the best "tools" to make sure you get an even coating.)
3. Line two baking sheets with aluminum foil. Lay beets in an even layer on foil. Place another sheet of foil over the top of beets and seal top and bottom sheets of foil.
4. Bake for 10-15 minutes. Remove foil and turn beets over. Drizzle with any remaining vinegar mixture. Rotate pans in the oven. Bake for another 10-15 minutes. Check to make sure that beets are soft but still sturdy to be hand held.
5. Transfer beets to platter and chill for several hours. Remove from fridge and top each beet slice with goat cheese crumbles. Garnish with mint and serve.

Notes: For a first course appetizer, beet slices can be stacked two-three high, alternating with goat cheese slices. Place stack on a bed of fresh greens and dress with balsamic vinegar reduction.

As an alternative, omit honey and garnish goat cheese with basil chiffonade.

Recipe courtesy of Mary Pat Butler

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