

# MOURAD'S ROASTED BEET SALAD



## DIRECTIONS

1. Preheat oven to 425 degrees.
2. Wash the beets and wrap in foil, like you would if you were making a baked potato
3. Roast for 35 minutes and then remove from the oven and let cool
4. With paper towels in both hands, rub the skin off the beets. It should come off quite easily.
5. Cut into 1 inch cubes or slices
6. Combine all ingredients (except artichoke and beets) and mix well
7. Add the beets and toss thoroughly
8. Add the artichoke and toss gently
9. Enjoy your roasted beet salad

P.S. Crumbled feta may be used as a topping.

## SHOPPING LIST

8 small red or yellow beets,  
stems removed

1 15 oz. can of artichoke  
quarters, drained and patted  
dry

1 bunch of green onions,  
chopped

1 bunch Italian Parsley,  
chopped

½ cup olives, halved (green  
or Kalamata)

2 tbsp. olive oil

2 tbsp. balsamic vinegar

1 tbsp. Dijon mustard

Salt and pepper to taste