

Beet, Avocado, Queso Fresco & Walnut Salad



Ingredients

- 450 g beets
- 1 large ripe avocado, halved, pitted, meat scooped out, cut into bite-size pieces of about 1 inch
- ¼ cup Mexican crema, or Latin style cream, Crème fraiche, or sour cream
- 1 teaspoon freshly ground black pepper
- Pinch of sea salt, add more to taste
- Zest of an orange
- 1 cup freshly squeezed orange juice
- 1 tablespoon apple cider vinegar
- 1 teaspoon honey
- ¼ cup chopped walnuts
- ¼ cup crumbled queso fresco (or substitute farmer's cheese, goat cheese, or a mild feta)
- 1 tablespoon chopped fresh chives

Serves 4

Preparation

1. Cut off greens and most of the stems from beets, leaving about 1 inch. Don't scrub or peel beets. Rinse them, place them in a medium saucepan, and cover with cold water. Bring to a boil over high heat, reduce heat to medium low to keep at a gentle simmer, and cook until tender (about 30 minutes). Drain. Once cool enough to handle, peel beets and cut into bite-sized pieces of about 1 inch.

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2. In a medium bowl, combine Mexican crema with salt and pepper. In a small saucepan, combine orange juice, apple cider vinegar, honey, and orange zest. Place over medium-high heat, bring to a simmer, and cook 2 to 3 minutes, stirring constantly until liquid is reduced to about $\frac{1}{3}$ of a cup. Pour into crema mixture and combine.
3. Place beets and avocado pieces between salad plates. Top with a drizzle of creamy orange dressing. Garnish with walnuts, queso fresco, and chives.