



Trendy Beet Arugula Salad

Serves 4

Salad Ingredients

- Fresh roasted, peeled beets - I used eight average-sized ones
- 4 cups fresh baby arugula
- 1 ½ cups shelled and coarsely chopped pistachios
- ¼ English cucumber
- 1 cup fresh ricotta salata cheese
- Lots of fresh ground pepper to taste

Dressing Ingredients

- ¼ cup extra virgin olive oil
- 2 Tbsp sherry vinegar
- ½ tsp toasted sesame oil
- ½ tsp fine sea salt

Instructions

Prepare your beets by following my instructions [here](#).

Prepare English cucumber batons by halving the cucumbers, removing seeds and slicing into 1 ½ inch x ¼ inch pieces with the skin still on.

Whisk all the dressing ingredients together, and use about one tablespoon to coat the cucumber batons for 20 minutes, then drain the batons and add the liquid to the dressing you've made.

When you're ready to serve, toss the arugula and cucumbers with the rest of the dressing. For each plated serving, heap one cup of the dressed arugula and cucumber, sprinkle with slices of beets, pistachios, and dollop with the ricotta. Top with ground pepper and serve.

I made this alongside very simple, oven blasted fresh salmon and it was a meal from the gods. Truly.

I also tried this with feta to replace ricotta - and it had more zing. It changed the whole thing so decide if you prefer a different cheese.