

Roasted BARBACOA Beet Salad

No fuss, no rush, with tons of ingredients to create intense flavor since the Barbacoa manages the work here. This salad is balanced and scrumptious enough to serve as a main dish for a light lunch or a worthy accomplice to a full course setting.



PREP TIME: 10 Minutes

TOTAL COOK TIME: 25 Minutes

SALAD:

4 CUPS Arugula

1 LB Beets (Diced)

½ Red Onion (Thinly Sliced)

¼ LB Gorgonzola Cheese (Diced)

½ Cup Pistachios (Crushed)

2 TBSP **Maya Mike Belizean Barbacoa (Original “White” Label)**

DRESSING:

6 TBSP EVOO

3 TBSP Red Wine Vinegar

1 TBSP Course Ground Mustard

2 TBSP **Maya Mike Belizean Barbacoa (Original “White” Label)**

1-1/2 TBSP Shallot (Minced)

Tip of the Recipe! Protect surfaces from staining beet juice by layering baking pan and cutting board with parchment paper. Use thin rubber gloves when dicing and tossing beets. If beets touch cutting board surface, counter/sink or skin, scrub lightly with a combo of baking soda, salt and lemon juice.

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STEP 1

Preheat oven to 450°F

Scrub and Dice Beets

Toss in a small bowl with 2 TBSP **Maya Mike Belizean Barbacoa (Original “White” Label)**

Add 1 TBSP EVOO to baking sheet lined with parchment paper

Coat both sides of parchment paper with EVOO so paper sticks to pan and has thorough coating on top side to prevent beets from sticking

Spread Barbacoa Beets on sheet

Roast 25 Minutes

STEP 2

Arrange Arugula on serving plate

Slice Onion into thin rings

Cube Gorgonzola

Crush Pistachios with mortar and pestle or small food processor

Layer all over arugula

STEP 3

Whisk EVOO, Red Wine Vinegar, Mustard, Minced Shallot and 2 TBSP **Maya Mike Belizean Barbacoa (Original “White” Label)** in a small bowl

Add ¼ TSP freshly ground salt and pepper

Place roasted beets on top of arugula mix

Drizzle with salad oil

Enjoy!

