



today's main ingredient

A  LOCAL FOOD PODCAST



Beet Salad with Apples and Potatoes

*This combination of ingredients sounds strange, but the result is a beautiful red/pink salad of beets and potatoes with the added sweetness of apples. **Be sure to start this salad a day before you plan to serve it.***

INGREDIENTS – serves 6-8 as a side

For the marinade: 4 Tablespoons vegetable oil
1 Tablespoon olive oil
1 teaspoon Dijon mustard
1/3 cup red wine vinegar
Salt & pepper

For the salad: 3 medium or 6 small boiling potatoes
4 medium red beets
2 apples (Golden Delicious are nice)
3/4 to 1 cup mayonnaise, to taste
Tarragon or parsley leaves, chopped (for garnish)

STEP 1 – Place all the marinade ingredients in a large mixing bowl and blend well.

STEP 2 – Boil unpeeled potatoes. Bake unpeeled beets until easily pierced with a paring knife.

STEP 3 – When cool enough to handle, peel and slice potatoes and beets; then slice the apples.

STEP 4 – Add the vegetables, apples, and salt & pepper to the marinade and stir until everything is well coated. Refrigerate and let this mixture marinate for 24 hours, stirring at least once during that time until the mixture is uniformly red.

STEP 5 – An hour or more before serving, drain and discard the marinade. Stir in enough mayonnaise to liberally coat the salad. Refrigerate until ready to serve.

STEP 6 – Serve with sprinkle of chopped tarragon or parsley.