



# LOON ORGANICS

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## *Beet Salad from Loon Organics*

Our favorite quick, delicious, and healthy meal. Variations are endless; Add dried cranberries, toasted almonds, candied walnuts, or mix it up with another artisan cheese from Prarie Hollow or Shepherd's Way. This recipe garnered first place in the Salad Category at the Mill City Farmers Market Recipe Taste-Off in 2006!

4 oz. spring mix, baby spinach, or 1 head of green romaine or butter lettuce  
handful of fresh herbs  
1 bunch greentop beets  
shredded carrot  
Shepherds Way Blue Cheese or Prarie Hollow Feta  
balsamic vinaigrette (below)

Trim beet ends and tops. Reserve greentops for salad. Thinly slice beets and steam for 15 minutes or until soft. While beets are steaming, wash and gently dry lettuce leaves, baby greens, and beet tops in salad spinner. Tear large leaves into smaller pieces and place in large bowl. Finely mince herbs and toss with greens. Shred 1 or 2 carrots. Cut blue cheese and/or other cheese into chunks. Place hot cooked beets on greens, add cheese, carrots, and other desired garnishes. Lightly drizzle salad with balsamic vinaigrette. Serve immediately.

-2 generous portions

## *Balsamic Vinaigrette*

5 tablespoons olive oil  
2 tablespoons aged balsamic vinegar  
½ teaspoon Dijon mustard  
½ teaspoon pure maple syrup  
2 teaspoons minced shallots  
1 pinch salt

Prepare the vinaigrette by combining vinegar, honey/syrup, shallots, salt and whisk in olive oil. Adjust seasonings according to taste.