

# Spinach, Beet and Berry Salad

## Vinaigrette:

- 3 Tbs Olive Oil
- 1 Tbs Balsamic vinegar
- 1 tsp Honey
- ½ tsp Pepper
- 1 tsp Fresh rosemary, finely chopped

Mix together, stirring well, and refrigerate.

## Salad:

- 2 cups Spinach (or other greens)
- ¼ cup Strawberries, quartered
- ¼ cup Blueberries and blackberries
- ½ cup Beets, raw, thinly sliced
- 3 Tbs Goat cheese, crumbles
- 1 ½ Tbs Walnuts or pecans, chopped and toasted

Mix the salad together and toss with 1 tablespoon of the vinaigrette.

This recipe is from “Everyday Vegetarian”, by the editors of Cooking Light, available at Howard County Library. This and other cookbooks using seasonally-available fresh produce are part of a special collection of cookbooks donated to the Library by Howard County Farmers’ Market and Nashville Growing Healthy Communities with a grant from Blue and You Foundation for a Healthier Arkansas.

*Taste This!*

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Beets in this presentation were from  
Market grower Charles Wright.