



Watercress, Pistachio & Beet Salad

Makes 6 -1 & 2/3 cups

Ingredients

1 pound medium beets, peeled and sliced into 1/4-inch rounds
4 tablespoons champagne vinegar or white-wine vinegar, divided
1 tablespoon pure maple syrup plus 2 teaspoons, divided
Pinch of salt plus 1/4 teaspoon, divided
3 tablespoons extra-virgin olive oil
1/4 teaspoon ground pepper
10 cups watercress, trimmed
1 medium fennel bulb, trimmed, cored and thinly sliced; fronds reserved
1/4 cup coarsely chopped salted pistachios
1/4 cup crumbled feta or goat cheese

Preparation

Bring 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add beets, cover and cook until tender, 10 to 12 minutes. Combine 2 tablespoons vinegar, 1 tablespoon syrup and a pinch of salt in a bowl. Stir in the beets. Refrigerate for at least 10 minutes and up to 2 days. To serve, whisk the remaining 2 tablespoons vinegar, 2 teaspoons syrup, 1/4 teaspoon salt, oil and pepper in a large bowl. Add watercress and sliced fennel; toss to coat. Arrange the beets around the edge of a platter and drizzle with 2 tablespoons of the pickling liquid. Mound the salad in the center. Top with pistachios and cheese. Garnish with chopped fennel fronds, if desired.

Nutrition:

Calories: 166	Sodium: 289 mg
Total Fat: 11 g	Saturated Fat: 2 g
Carbohydrates: 15 g	Protein: 4 g