

## Golden Beet Salad with Balsamic + Cashew Ricotta

### INGREDIENTS

1/2 cup walnuts, chopped  
1 cup raw cashews, soaked in warm water  
2 tablespoons water  
1/4 teaspoon salt  
4 medium golden beets  
4 cups arugula  
balsamic vinegar, as needed for serving

### DIRECTIONS

Preheat the oven to 350°. Spread the chopped walnut onto a lined baking sheet. Bake for 8-10 minutes, stirring once. When finished, set aside to cool.

Soak the raw cashews in warm water for at least 30 minutes. Drain the nuts and pour them into a food processor. Pour in the water and salt and pulse until a fluffy, chunky texture is achieved (similar to ricotta cheese). Set aside.

Trim the ends of the beets, then place them into a medium-sized pot of water. Bring to a boil, then lower heat and cook over medium heat until fork tender, about 20-30 minutes. Drain the water and let cool slightly before using your fingers to slide the skins off. Toss the skins in the compost or trash and thinly slice the cooked beets.

Spread the arugula between two large plates and top with the toasted walnuts, a couple tablespoons of the cashew ricotta, sliced golden beets and a drizzle of balsamic vinegar. Serve immediately! (Or, just prep it and take it for lunch to work all week!)

### NOTES

Serves 2.

Leftovers last up to a week in the fridge.



