

Beet, Arugula and Cucumber Salad with Yogurt Dressing

From the blog For Love of the Table

3 medium beets (I used golden beets)

White Balsamic (this is not in the original recipe--I think beets need a little acidity and I particularly like white balsamic, but you could use something else)

Salt

1/4 c. plain yogurt

1 T. red wine vinegar

1 clove of garlic, smashed to a purée with a pinch of salt

5 T. olive oil

Pepper

1 bunch of arugula, washed, stems removed if large, and torn

1 cucumber, peeled, halved lengthwise, seeded, and cut into 1/4-inch half-moons

Heat oven to 400°. Place the beets in a baking dish with a splash of water. Cover tightly with foil and bake until tender—45 minutes to an hour. Remove the beets from the oven, drain and let cool slightly. Trim the beets and rub the skin off with a paper towel. Cut the beets into eighths. Drizzle with white balsamic vinegar to taste. (See [basic roasted beet recipe](#).)

While the beets are cooking, whisk together the yogurt, garlic and vinegar. Season with salt. While whisking constantly, add the oil in a thin stream. If necessary, add 2 or 3 drops of warm water to smooth and emulsify the dressing. Taste and correct the seasoning with salt & pepper.

In a medium-sized bowl, toss the beets with the cucumber and arugula. Season with salt and pepper. Drizzle some of the dressing over the salad and toss—adding more dressing as necessary to coat the vegetables and greens. Taste and correct the seasoning and serve. Serves 4.

(Recipe adapted from [Olives & Oranges](#) by Sara Jenkins & Mindy Fox)

<http://www.forloveofthetable.com/2010/07/beet-arugula-and-cucumber-salad-with.html>

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