

Beet and Spinach Salad

8 cups baby spinach or 1 b slivered spinach
1 tablespoon extra-virgin olive oil
1 cup thinly sliced red onion
2 tablespoons sliced Kalamata olives
2 tablespoons chopped fresh parsley
1 clove garlic, minced
2 cups steamed beet wedges, or slices, 1/2-1 inch thick (see Tip)
2 tablespoons balsamic vinegar
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper

Place spinach in a large bowl. Heat oil in a large nonstick skillet over medium heat. Add onion and cook, stirring, until starting to soften, about 2 minutes. Add olives, parsley and garlic and cook, stirring, until the tomatoes begin to break down, about 3 minutes. Add beets, vinegar, salt and pepper and cook, stirring, until the beets are heated through, about 1 minute more. Add the beet mixture to the spinach and toss to combine. Serve warm.

Tip: How to Prep & Steam Beets: Trim greens (if any) and root end; peel the skin with a vegetable peeler. Cut beets into 1/2- to 1-inch-thick cubes, Place in a steamer basket over 1 inch of boiling water in a large pot. Cover and steam over high heat until tender, 10 to 15 minutes.