Warm Beet & Spinach Salad

Ingredients

- 2 cups beets (3-4 medium beets)
- 8 cups baby spinach
- 1 tablespoon extra-virgin olive oil
- 1 cup thinly sliced red onion
- 2 plum tomatoes, chopped
- 2 tablespoons sliced olives
- 2 tablespoons chopped fresh parsley
- 1 clove garlic, minced
- 2 tablespoons balsamic vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper

Preparation

1. Prep fresh beets by trimming greens (if any) and root end; peel the skin with a vegetable peeler. Cut beets into 1/2- to 1-inch-thick cubes, wedges or slices.
2. Steam beets on the stovetop or in the microwave:
   a. To steam on the stovetop: 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.
   b. To steam in the microwave: Place in a glass baking dish, add 2 tablespoons water, cover tightly and microwave on High until tender, 8 to 10 minutes. Let stand, covered, for 5 minutes.
3. Place spinach in a large bowl.
4. Heat oil in a large nonstick skillet over medium heat. Add onion and cook, stirring, until starting to soften, about 2 minutes. Add tomatoes, olives, parsley and garlic and cook, stirring, until the tomatoes begin to break down, about 3 minutes. Add steamed 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.

Source: Eating Well Magazine