

# *Beet Skewered Salad*

## **Ingredients**

- 1 can tiny pickled beets drained and rinsed
- 2oz. havarti cheese sliced
- 1 small package baby arugula washed & dried
- 2 tablespoons sugar
- 1 small package chopped walnuts
- short wooden skewers

## **For the Salad Dressing:**

- 1/4 cup fig balsamic vinegar

## **Instructions**

1. To start candy the walnuts: in a dry saucepan add the chopped walnuts into the pan at high heat, constantly stirring (do not walk away during this time).
2. Once you start to smell the walnuts as you stir, add the 2 tablespoons of sugar.
3. Continue to stir as the sugar begins to melt and cover the walnuts. Once the walnuts are all coated, remove from the heat, and let cool.

## **Make the Salad Dressing:**

1. Drizzle Fig Balsamic Vinegar.
2. Now it's time to plate: Skewer the beet first then the lettuce followed by the cheese.
3. Drizzle the dressing over all the skewers and sprinkle with the candied walnuts. Serve chilled.

