

Air-Fried Golden Beet Salad

This salad is so versatile, there are no steadfast ingredients or rules! Make it your own with a few simple tweaks. I change this salad every time I make it! Enjoy. ~ DANA XO

For The Beets

- Golden Beets (or Red Beets or A Mixture)
- 2 Tbsp Olive Oil
- 4 Medium Golden Beets (peeled and chopped evenly)
- Sea salt and black pepper to taste

For the Salad

- 2 c. cherry or grape tomatoes, halved
- 1 small red onion, thinly sliced
- 4 c. Baby arugula (or any of the mixed greens you prefer)

For The Salad Dressing

- 3 Tablespoons balsamic vinegar
- 2 Tbsp Extra Virgin Olive Oil
- 2 garlic cloves, minced

Topping The Salad

- 1/4 C Pistachios (chopped) Or other nuts as listed in the blog post
- 3 oz of Goat Cheese Crumbles (or other crumble cheese listed in the post)
- 3 Tablespoons of fresh basil leaves (optional)

Additional options: drained red beets chopped up to compliment colors and add taste!

Directions

Air Frying The Golden Beets and/or Red Beets

1. Preheat your air fryer to 375°F (190°C). This will ensure that it's nice and hot when you're ready to cook your beets.
2. Wash the golden beets thoroughly under cold running water to remove any dirt or debris.
3. Trim off the tops and bottoms of the beets using a sharp knife. You can peel the beets if you prefer, but it's not necessary we peel)
4. Cut the beets into uniform pieces to ensure even cooking. Slice them into rounds, cut them into wedges, or dice them into cubes, depending on your preference. Just make sure the pieces are similar in size so they cook evenly.
5. Place the beet pieces in a mixing bowl and drizzle them with olive oil.

6. Toss the beets until they're evenly coated with the oil.
7. Season with salt and pepper to taste, if desired. (You can also add other seasonings like garlic powder, thyme, or rosemary for extra flavor.)
8. Once the beets are seasoned, transfer them to the air fryer basket in a single layer.
9. Avoid overcrowding the basket to ensure proper air circulation and even cooking.
10. Place the basket into the preheated air fryer and cook the beets for about 15-20 minutes, shaking the basket halfway through the cooking time to ensure even browning.
11. The exact cooking time may vary depending on the size of your beet pieces and the wattage of your air fryer.
12. After 15-20 minutes, check the beets for doneness.
13. They should be tender when pierced with a fork and have a golden brown exterior. If they're not done yet, continue cooking for a few more minutes, checking regularly until they reach your desired level of doneness.

For The Salad

1. While the Beets are in the air-fryer prep your salad.
2. **Prep The Salad Dressing:** Whisk olive oil, balsamic vinegar, and garlic and olive oil for the dressing. Season as needed.
3. **Prep The Salad Mixture** (if the beets are ready add them): In a salad bowl, mix tomatoes, onion, HALF of the arugula/salad mixture (reserving the other half), & air-fried beets.
4. On a large serving platter scatter the reserved mixed greens, then transfer the mixed salad bowl contents atop this
5. Top with pistachios, goat cheese, and basil. (or any of the alternate ingredients I've provided)

TIP: Consider using a balsamic drizzle lightly before serving for more color and taste. Serve with the dressing on the side. (in case the balsamic drizzle was enough for other's taste preferences.)