



## Winter Beet and Burrata Salad



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## Introduction

This Winter Beet and Burrata Salad is a stunning blend of earthy, creamy, and sweet flavors, perfect for cozy gatherings or a refreshing winter meal. Roasted beets and creamy burrata are paired with peppery greens, tangy balsamic dressing, and crunchy maple-toasted hazelnuts. Whether served as an appetizer or a light entree, this salad is an elegant addition to any menu.

## Ingredients

For the Salad:

- 4 medium-sized beets, roasted and sliced
- 8 oz burrata cheese
- 4 cups mixed greens (arugula, spinach, or your favorite blend)
- 1/2 red onion, thinly sliced
- Salt and pepper to taste

For the Maple-Toasted Hazelnuts:

- 1 cup hazelnuts, roughly chopped
- 2 tablespoons maple syrup
- 1 tablespoon olive oil
- Pinch of salt

For the Dressing:

- 3 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- Salt and pepper to taste

## Prep Time

20 minutes

## Cook Time

15 minutes

## Total Time

35 minutes

## Yield

4 servings

## Preparation

### Step 1: Prepare the Hazelnuts

**Toast the Hazelnuts:** Preheat the oven to 350°F (175°C). In a mixing bowl, combine the chopped hazelnuts, maple syrup, olive oil, and a pinch of salt. Stir until the hazelnuts are evenly coated.

**Bake:** Spread the coated hazelnuts onto a baking sheet in a single layer. Roast for 10-12 minutes, stirring halfway through, until golden and fragrant.

**Cool:** Remove from the oven and allow the hazelnuts to cool completely. They will crisp up as they cool.

### Step 2: Make the Dressing

**Whisk Ingredients:** In a small bowl, whisk together olive oil, balsamic vinegar, Dijon mustard, honey, salt, and pepper.

**Adjust Flavor:** Taste and adjust seasoning as needed, balancing the tanginess and sweetness to your preference.

### Step 3: Assemble the Salad

**Layer Ingredients:** Arrange the mixed greens as the base on a large serving platter or salad bowl. Top with the sliced roasted beets, burrata

cheese (tear into smaller pieces if desired), and thinly sliced red onion. Add Hazelnuts: Sprinkle the maple-toasted hazelnuts over the salad for a delightful crunch.

#### Step 4: Drizzle and Serve

Dress the Salad: Drizzle the balsamic dressing over the salad just before serving. Gently toss to coat the ingredients evenly.

Serve Immediately: Enjoy this vibrant and flavorful salad as a refreshing starter, light meal, or festive side dish.

## Cooking Notes

**Roasting Beets:** Wrap whole beets in foil and roast at 400°F (200°C) for about 45-60 minutes, or until tender. Peel and slice once cooled.

**Hazelnut Substitution:** Walnuts, pecans, or almonds can be used in place of hazelnuts for a similar crunch.

**Dressing Shortcut:** Use store-bought balsamic glaze for a quick drizzle instead of making the dressing from scratch.

See also Paul's Pumpkin Patch Pudding

## Serving Suggestions

**Pair with Soup:** Serve alongside a warm butternut squash soup or tomato bisque for a hearty winter meal.

**Festive Occasion:** Add pomegranate seeds for extra color and a burst of flavor, perfect for holiday tables.

**Protein Boost:** Top with grilled chicken, shrimp, or chickpeas to make it a complete main course.

## Tips

**Prep Ahead:** Roast the beets and prepare the hazelnuts up to 2 days in advance. Store them in the refrigerator and assemble the salad just before serving.

**Extra Crunch:** Toast the hazelnuts in a dry skillet instead of the oven for a quicker option.

**Room-Temperature Cheese:** Allow the burrata to sit at room temperature for 10 minutes before adding to the salad for optimal creaminess.

## Nutritional Information (Per Serving)

Calories: 320

Fat: 22g

Carbohydrates: 20g

Protein: 9g

Fiber: 4g

## Conclusion

This Winter Beet and Burrata Salad with Maple-Toasted Hazelnuts is a delightful celebration of seasonal ingredients, offering a perfect balance of earthy beets, creamy burrata, and sweet, crunchy hazelnuts. Tossed in a tangy balsamic dressing, this salad is both elegant and satisfying. Ideal for holiday gatherings, cozy dinners, or as a light lunch, it's a recipe you'll find yourself making again and again.



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## Detailed Directions and Instructions

### Step 1: Prepare the Hazelnuts

Preheat the oven to 350°F (175°C). In a mixing bowl, combine the chopped hazelnuts, maple syrup, olive oil, and a pinch of salt. Stir until the hazelnuts are evenly coated. Spread the coated hazelnuts onto a baking sheet in a single layer. Roast for 10-12 minutes, stirring halfway through, until golden and fragrant. Remove from the oven and allow the hazelnuts to cool completely; they will crisp up as they cool.

### **Step 2: Make the Dressing**

In a small bowl, whisk together olive oil, balsamic vinegar, Dijon mustard, honey, salt, and pepper. Taste and adjust seasoning as needed, balancing the tanginess and sweetness to your preference.

### **Step 3: Assemble the Salad**

Arrange the mixed greens as the base on a large serving platter or salad bowl. Top with the sliced roasted beets, burrata cheese (tear into smaller pieces if desired), and thinly sliced red onion. Sprinkle the maple-toasted hazelnuts over the salad for a delightful crunch.

See also [Sausage Stuffed Mushrooms](#)

### **Step 4: Drizzle and Serve**

Drizzle the balsamic dressing over the salad just before serving. Gently toss to coat the ingredients evenly. Enjoy this vibrant and flavorful salad as a refreshing starter, light meal, or festive side dish.

## **Notes**

### **Roasting Beets**

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### **Hazelnut Substitution**

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### Dressing Shortcut

Use store-bought balsamic glaze for a quick drizzle instead of making the dressing from scratch.

### Prep Ahead

Roast the beets and prepare the hazelnuts up to 2 days in advance. Store them in the refrigerator and assemble the salad just before serving.

### Extra Crunch

Toast the hazelnuts in a dry skillet instead of the oven for a quicker option.

### Room-Temperature Cheese

Allow the burrata to sit at room temperature for 10 minutes before adding to the salad for optimal creaminess.

### Prep Time

20 minutes

### Cook Time

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### Total Time

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**Servings**

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**Cook techniques****Roasting Beets**

Wrap whole beets in foil and roast them in a preheated oven at 400°F

(200°C) for about 45-60 minutes, or until they are tender. Let them cool before peeling and slicing.

### **Toasting Hazelnuts**

Combine roughly chopped hazelnuts with maple syrup, olive oil, and a pinch of salt in a mixing bowl. Spread in a single layer on a baking sheet and roast at 350°F (175°C) for 10-12 minutes, stirring halfway through for even cooking. Cool completely to allow crisping.

### **Making Dressing**

In a small bowl, whisk together olive oil, balsamic vinegar, Dijon mustard, honey, salt, and pepper until the mixture is well combined. Adjust the seasoning according to taste to achieve a balance of flavors.

### **Assembling the Salad**

Start with a base of mixed greens in a large serving bowl or platter. Layer with sliced roasted beets, pieces of burrata cheese, and thinly sliced red onion. Finish with the maple-toasted hazelnuts for added crunch.

### **Serving the Salad**

Drizzle the balsamic dressing over the salad just before serving. Gently toss to combine and serve immediately to enjoy the vibrant flavors and textures.

## **FAQ**

### **Can I use different nuts instead of hazelnuts?**

Yes, walnuts, pecans, or almonds can be substituted for hazelnuts if

desired, and will provide a similar crunch.

See also [Pumpkin French Toast Casserole](#)

**How can I make this salad in advance?**

You can roast the beets and prepare the hazelnuts up to 2 days in advance. Store them in the refrigerator and assemble the salad just before serving.

**Is there a shortcut for the dressing?**

Yes, using a store-bought balsamic glaze is a quick alternative to making the dressing from scratch.

**What can I pair with this salad for a meal?**

This salad pairs well with soups like butternut squash or tomato bisque, or you can add protein such as grilled chicken, shrimp, or chickpeas to make it a complete meal.

**How should I handle burrata before adding it to the salad?**

Allow the burrata to sit at room temperature for about 10 minutes before adding it to the salad for optimal creaminess.



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## Conclusion

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### **Pair with Roasted Chicken**

Complement this salad with a side of roasted chicken marinated in

herbs and citrus for a well-rounded meal that enhances the flavors of the salad.

### **Serve with Quinoa**

Add a hearty serving of quinoa on the side or mixed into the salad for additional protein, making it more filling and nutritious.

### **Try with Grilled Shrimp**

Top the salad with grilled shrimp seasoned with garlic and lemon for a light yet satisfying main dish that pairs beautifully with the beets and burrata.

### **Accompany with a Cheese Platter**

Serve alongside an assortment of cheeses and crackers for a perfect appetizer spread that complements the flavors of the salad.

### **Include Honey-Glazed Carrots**

Roasted honey-glazed carrots make a great side dish, adding a sweet contrast that harmonizes with the salad's earthy notes.

### **Mix with Citrus Segments**

Incorporate segments of orange or grapefruit into the salad for an extra burst of freshness and a delightful contrast to the creamy burrata.

### **Pair with a Rustic Bread**

Serve with slices of rustic bread or a toasted baguette to soak up the delicious dressing and enhance the overall dining experience.



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