



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.

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Dressing Shortcut

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

Prep Ahead

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Extra Crunch

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Room-Temperature Cheese

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

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4

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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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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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