

# Beet, Goat Cheese & Apple Sliders

*with Fingerling Potato Salad*

Sliders are little sandwiches with buns, usually miniature hamburgers. They may have gotten their name from U.S. Navy ships, on whose grills the meat patties slid around in rough waters. In our gourmet, vegetarian version, we're using cooked, marinated beet slices in lieu of meat patties. Luscious goat cheese, crisp, tart apple slices and fresh mint make these beet sliders a non-traditional and satisfying meal.



## Ingredients

- 6 Slider Buns
- 8 Ounces Fingerling Potatoes
- 2 Red Beets
- 1 Granny Smith Apple
- 1 Head Frisée
- 1 Lemon
- 1 Large Bunch Mint
- 1 Large Bunch Parsley

## Knick Knacks

- 4 Ounces Goat Cheese
- 2 Tablespoons Sherry Vinegar
- 1 Shallot

Makes 2 Servings

About 700 Calories Per Serving

Cooking Time: 25 to 35 minutes





1



## Prepare the ingredients:

Preheat the oven to 400°F. Wash and dry the fresh produce. Heat 2 medium pots of salted water to boiling on high. Split the buns. Crumble the goat cheese. Halve the potatoes lengthwise. Cut the beets into six 1-inch-thick rounds. Cut off and discard the root end of the frisée; remove and discard any tough, outer leaves. Roughly chop the frisée. Using a peeler, remove the rind of the lemon, avoiding the pith; mince to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Core the apple and cut into six thin rounds; toss with the **juice of 1 lemon wedge** to prevent browning. Pick the mint and parsley off the stems; discard the stems. Peel and mince the shallot to get about 2 tablespoons of minced shallot (you may have extra). In a small bowl, combine the **shallot** and **vinegar**.

2



## Cook & marinate the beets:

Add the **beet rounds** to the first pot of boiling water. Cook 14 to 16 minutes, or until tender when pierced with a fork. Drain thoroughly. While still warm, using paper towels and your hands, rub the skin off each beet round. Transfer the peeled beet rounds to a medium bowl. Add **half the shallot-vinegar mixture**; toss to coat and season with salt and pepper to taste.

3



## Make the potato salad:

While the beets cook, add the **potatoes** to the second pot of boiling water. Cook 14 to 16 minutes, or until tender when pierced with a fork. Drain thoroughly and return to the pot. Stir in the **frisée**, **lemon zest**, **parsley**, **remaining shallot-vinegar mixture** and the **juice of the remaining lemon wedges**. Drizzle with olive oil; toss to thoroughly combine. Season with salt and pepper to taste and set aside.

4



## Prepare & toast the buns:

Spread the **goat cheese** onto both cut sides of each **bun**. Arrange the prepared buns, cut sides up, in a single layer on a sheet pan; season with salt and pepper. Toast in the oven 5 to 6 minutes, or until the edges are golden. Transfer to a clean, dry work surface.

5



## Assemble the sliders & plate your dish:

Place a **marinated beet round** onto the bottom of each **toasted bun**. Top with an **apple slice**, a **few mint leaves** and the top of the bun. Divide the **sliders** between 2 plates. Serve with the **potato salad** on the side. Enjoy!