



## Beets & Peas, Potato Salad

Serves 6-8 people

*Chef Raquel graduated with highest honors from the culinary program at the Institute of Culinary Education after completing her externship at Le Bernardin in NYC. In 2009, Chef Raquel created **A Pinch of Salt, LLC** offering hands-on cooking instruction focusing on the preparation of healthy, gourmet, yet practical and inexpensive meals. Currently, Chef Raquel partners with The Council of Churches of Greater Bridgeport (CCGB) developing and executing an intensive culinary training program for inspiring food entrepreneurs. She also provides CCGB's network of food pantries and community meals programs extensive cooking education. Chef Raquel also provides outreach and cooking education for the Bridgeport Farmers Market Collaborative, FreshConnections and Hall Neighborhood House. This builds on her commitment to Mrs. Obama's Let's Move initiative and her experience with Wellness in the Schools, a NYC based nonprofit focusing on providing public school students nutritious meals which are reinforced through cooking educating in the classrooms and gardening. Chef Raquel is passionate about educating youth groups, families, seniors and communities on the importance of healthy cooking, understanding nutritional information, stretching food dollars, utilizing farmers' markets and community gardens and making eating healthy a lifestyle.*

### **Ingredients:**

3 or 4 beets, washed and trimmed  
3/4 -1 pound of potatoes, peeled and cut into medium dice  
2-3 eggs, shell on  
½ cup of frozen green peas, thawed

### **For herb vinaigrette:**

1 bunch of fresh flat-leaf parsley or basil  
2 or 3 cloves of garlic  
Olive oil, as needed  
Salt & pepper, as needed



### **Directions:**

1. In a large pot boil beets until fork tender. Approximately 35-45 minutes. Drain water and set beets aside to cool.
2. Refill pot with cold water. Add potatoes and gently lay eggs on top. Bring to a boil. Remove eggs and place in a bowl, cover and allow to steam for 10 minute. When potatoes are fork tender drain water and return potatoes back to pot. Place the cover on to remove excess water/allow steaming for 5 minutes then uncover.
3. Once cool enough to handle, peel the eggs and chop them into large chunks. Set aside. Peel the beets and cut into large chunks similar to the potatoes. Set aside.
4. **Make vinaigrette:** In a blender add parsley, garlic and olive oil until you get a thick, but spoonable dressing. Season with salt and pepper.
5. In a large bowl add potatoes, peas, beets, eggs and eggs. Dress with vinaigrette and carefully toss. Adjust seasoning with salt and pepper as needed and enjoy!

**Chef Raquel Rivera-Pablo**

**A Pinch of Salt, LLC**

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