

Watercress Beet Salad

- 1 bunch watercress, cut bite-sized (stems too)
- 1 small yellow pepper, roughly chopped
- 4 sprigs of mint, stemmed, leaves finely chopped
- 2 beets, peeled and roughly chopped
- 2-4 oz feta cheese, shaved or crumbled
- 2 T olive oil
- 1-2 T balsamic vinegar
- sea salt and freshly ground black pepper

Boil beets, covered in water, until they can be easily pierced with a pointy knife. Wear kitchen gloves while peeling them to keep your hands from getting stained. They can be refrigerated and kept for several days.

Combine salad vegetables, mint and cheese. Toss with oil, vinegar, salt and pepper. Serves 2-4.

Jittery Cook