

Roasted Beet Salad with Citrus Dressing

Ingredients

For the Vinaigrette

- 2 teaspoons orange zest, from one medium-sized orange, plus more to garnish
- 1 teaspoon Dijon mustard or mustard of choice
- 1/2 cup fresh-squeezed orange juice
- 1 tablespoon balsamic vinegar
- 1/4 teaspoon salt
- 1/2 teaspoon honey, or maple syrup
- 1 tablespoon minced garlic (2-3 cloves) or 1 teaspoon garlic powder
- 1/4 cup olive oil or oil of choice

For Salad

- 3 1/2 pounds small- to medium-sized beets with greens
- A pinch of salt and pepper
- 4-6 cups of greens – romaine lettuce, kale or spinach
- 1 orange, peeled and segmented
- 1/2 cup goat cheese or feta (optional)

Servings - 6

Directions

For the Beets

1. Preheat the oven to 425°F.
2. Cut the beet greens from the beets and set aside. Rinse the beets well. Peel them and cut into one inch cubes. Toss in oil and bake on a baking sheet until fork tender, about 1 hour.
3. If desired, clean and chop the beet greens and sauté them with a little olive oil, salt, and pepper until soft. Use them as a bed for the finished salad along with other greens of your choice.
4. Remove the beets from the oven. Let cool to room temperature.

For the Vinaigrette

1. Whisk all the ingredients together or shake in a jar. Taste for seasoning. Refrigerate any leftover vinaigrette for up to a week.

To Finish

1. Toss together the greens with the beets, add orange segments and cheese (if using).
2. Re-mix the vinaigrette, pour over the salad and serve.



Are You In?



Find Out More:

Put More Produce on Your Plate

- **Make it saucy** – Add carrots, mushrooms or grated zucchini to tomato sauce, pesto or homemade salsa.
- **Soup it up** – Add squash, broccoli, celery and green beans to soups and stews to make them extra rich in vitamins, minerals and fibre.
- **Roast them** – Veggies get sweeter when roasted; peel, chop and toss any vegetable with a bit of oil, sprinkle with seasoning, then roast them in the oven. Best choices for roasting are sweet potatoes, carrots, broccoli, Brussels sprouts, beets, and cauliflower.



Did You Know?

Don't "Beet" Around The Bush

Beets are a great source of fibre and folate. They also have tiny pigments of "betalains" which have anti-inflammatory features. This could benefit several aspects of health, as chronic inflammation has been associated with conditions like heart disease, liver disease, and cancer.