

# GOLDEN BEET & MUSHROOM SALAD

## INGREDIENTS

- 4** Beets (yellow) (including greens)
- 1** Shallot (finely chopped)
- Box** Mushroom Mix (King Oyster & sliced Cremini)
- 1 1/2 T** Extra virgin olive oil (divided)
- Handful** Salt & pepper (to taste)
- 1/4 C** Almonds (dry roasted) (finely chopped)
- 1/4 C** Pomegranate seeds (garnish)



## DIRECTIONS

- 1 Pre-heat oven to 400 F
- 2 Cut off beet greens & save
- 3 Scrub beets & wrap in foil & place on tray in oven
- 4 Roast beets until soft (approx. 1 hour)
- 5 Beets should be soft when a fork is inserted
- 6 Finely chop the shallot & mushrooms
- 7 Over low heat, add 1 T olive oil to pan
- 8 Sauté shallots & mushrooms until soft (approx. 10 minutes)
- 9 In another pan, add ½ T olive oil
- 10 Over low heat, sauté beet greens until wilted
- 11 Add a tiny pinch of salt & a dash of pepper
- 12 Remove beets from oven & allow to cool
- 13 Then, peel beet skins & chop
- 14 Fold beets & ground almonds into mushroom mix & add salt & pepper to taste
- 15 Place in a serving bowl with beet-mushroom mix on the bottom looking like a small mountain
- 16 Place beet greens on top & sprinkle with pomegranate seeds

