

RED & YELLOW ROASTED BEET SALAD

INGREDIENTS

- 3** Red beets
- 2** Yellow beets
- 2** Oranges (large) (peel removed)
- 1 bunch** Arugula leaves (cleaned) (thick stems removed)
- Red onion (small) (cut in thin slices)
- 1/4 C** Walnuts (chopped) (optional)

- 1/4 C** White wine vinegar
- 1/4 C** Extra virgin olive oil
- 1/4 t** Mustard (dried)
- Salt & pepper to taste

COOKING INSTRUCTIONS

- 1** Preheat oven to 375 F
- 2** Cut the greens off the beets, wash them & save them for another use
- 3** Rinse beets to remove dirt & place on foil
- 4** Bake for 30 - 45 minutes
- 5** If the knife easily enters the beet with only a small amount of resistance, it's done
- 6** Remove from oven & cool for at least 20 minutes
- 7** Cut beets into 1/4s
- 8** The goal is to have the pieces 'bite size'

DIRECTIONS

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| <ol style="list-style-type: none">1 Mix the vinegar, oil, mustard, salt, pepper & use half of it to marinate the beets2 Separate the orange 'boats'3 Place the beets, oranges, arugula & onion in a wide salad bowl as vs a deep salad bowl4 Add the remainder of the dressing & toss gently5 Add walnuts (optional) |
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NOTES

- 1** Roasting beets intensifies their flavor, makes them sweeter & makes them easier to peel
- 2** An alternative is to boil the beets & then lower the heat to simmer until beets can be pierced thru with a fork

