

WARM ROASTED BEET SALAD

INGREDIENTS

- 2 lb** Beets (fresh) (red)
- 3 T** Orange juice (preferably fresh)
- 3 T** Extra virgin olive oil
- 1 t** Dijon mustard
- 1 t** Honey
- 1/2 C** Onions (red) (thinly sliced)
- Salt & black pepper



DIRECTIONS

- 1 Pre-heat oven to 400 F
- 2 Scrub the beets well & then trim the stems & roots to within 1 inch
- 3 Spray a large piece of heavy-duty foil with cooking spray
- 4 Place the beets in the center & wrap tightly, pinching the edges of foil together
- 5 Bake for about 1 to 1 1/4 hours or until tender
- 6 Beets are ready when a metal skewer glides easily through them
- 7 When fully roasted, remove from the oven
- 8 Carefully open up the foil packet & let the beets stand until cool enough to handle
- 9 Using a paper towel, rub off the skins & then cut the beets into 1/4 inch thick rounds
- 10 Arrange the beet slices on a platter & scatter with the onion slices
- 11 Whisk together the orange juice, olive oil, mustard & honey in a small bowl
- 12 Drizzle the mixture over the beets & onions, then sprinkle with salt & pepper to taste
- 13 Serve warm or at room temperature

NOTES

- 1 Serves 8
- 2 Keeps for up to 2-3 days in the refrigerator
- 3 Choose fresh beets that are roughly the same size for even cooking
- 4 Large beets tend to be tough, so small to medium sized are best (4 oz) (125 g) each
- 5 Add thin orange slices for a vibrant color

