

ROASTED BEET & SPINACH SALAD

VIBRANT AND FRESH SALAD TO END THE SUMMER SEASON



Yield: 6 Servings – Serving Size: 4 oz. – Prep Time: 20 Minutes



Ingredients:

- 2 each - Beets, Red, Large
- 1 each - Spinach, Baby, Bag or Bunch
- 2 each - Orange, Naval
- 4 oz. - Goat Cheese, Crumbled
- ½ each - Red Onion, Thinly Sliced

Dressing

- 1 each - Lemon, Juiced and Zested
- 1 tsp. - Rosemary, Finely Chopped
- 1 tsp. - Shallots, Minced
- 1 tsp. - Garlic, Minced
- ½ tsp. - Salt
- ¼ tsp. - Black Pepper
- 2 Tbsp. - Honey
- 3 Tbsp. - Olive Oil

1) Preheat oven to 350 degrees. Peel the beets utilizing a standard vegetable peeler. Wrap in foil and roast for 1.5 hours. Remove from oven and allow to cool completely. Beets should be easily pierced with a knife or fork.





2) While the beets are roasting combine lemon zest and juice, rosemary, shallots, garlic, salt, black pepper and honey. Slowly incorporate olive oil, utilizing a whisk, until an emulsion is formed.



3) Peel and cut orange into segments. Reserve for garnish.



4) Gently wash spinach with cool water. Remove and toss with 2 tsp. of dressing. Thoroughly coat all leaves.

5) Remove the cooled beets from the foil and slice into rounds.





6) For plating: Place a small handful of spinach, 3 slices of beet, orange segments, red onion and goat cheese on the plate; top with a final drizzle of dressing. Enjoy!

Equipment Needed: Cutting Board, Knife, Mixing Bowl, Sheet pan, Aluminum Foil, Zester, Vegetable Peeler and Whisk

Calories: 180Kcal – **Calories from Fat:** 100Kcal – **Total Fat:** 11g – **Saturated Fat:** 4g – **Trans Fat:** 0g – **Cholesterol:** – 10mg
Sodium: 230mg – **Total Carbohydrate:** 17g – **Dietary Fiber:** 3g – **Sugar:** 12g – **Protein:** 5g