

Roasted Beet Salad

There are no concrete measurements for this salad except for the vinaigrette (and you could use a bottled one if you like ... I just don't 'like'!). I've estimated what I use per salad and hopefully, that will help.

- Beets - one per serving of salad (In a pinch, you could also use canned sliced beets.)
- Mixed Greens-as much as you want!
- Goat cheese-as much or little as you like. I usually use a couple of Tablespoons per salad
- Red onion, thinly sliced-1 thin slice per salad
- Sugar & Spice Pecans (download recipe from my site and make ahead, or simply toast some pecans in a non-stick skillet then add a sprinkling of sugar to them at the end)
- Balsamic Vinaigrette (1 cup of olive oil, ¼ cup balsamic vinegar, 1-2 Tablespoons Dijon mustard, salt and pepper. I also added thyme to this one because it sounded good with beets!) This is obviously more than I use per salad! You won't mind having leftovers of it, though!!

Wash the beets, trim the ends, and place in a roasting pan lined with foil. Drizzle olive oil over them, then sprinkle with sea salt. I like to use the flake salt, but any sea salt will do. Wrap the foil around the beets.

Roast the beets at 375° till they are done, about an hour. Of course, the time will be determined by the size of the beets! To test for doneness, squeeze them with a pair of tongs. If they 'give' a little, they are tender throughout. You can also test them by poking them with a fork or knife.

Allow the beets to cool, then peel and slice.

To assemble the salad, put as many greens on a plate as desired. Arrange the red onion. Layer the beets on top of the greens and top with the crumbled goat cheese. Drizzle the vinaigrette on, then sprinkle the pecans on top.

Bon Appetit!

