

Roasted Rainbow **BABY BEET SALAD**

Sherry honey-mustard dressing



Roasted or raw, rainbow baby beets are the star of the plate. Sweet and earthy, these vibrant root vegetables make a hearty salad when paired with equally nutrient-rich and fiber-dense greens. Seasons may dictate your choice; Castelfranco radicchio, available fall through the winter, adds a bitter contrast to the beet's earthy-sweetness. Add chunks of plant-based goat-style soft cheese and toasted nuts for added texture and tang to this versatile salad.

INGREDIENT

10-12 Rainbow baby beets/or 1½ lbs/680 grams beets (5-6 -medium)
1 head Castelfranco Radicchio
Two handfuls of baby spinach, to your taste
1 tbsp/15 ml extra-virgin olive oil
Sea salt, to taste
Freshly ground rainbow peppercorns to taste
Optional garnish: Add chunks of plant-based goat-style soft cheese and toasted nuts for added texture and tang to this versatile salad.

DRESSING

¼ cup/60 ml extra-virgin olive oil
2 tbsp/30 ml sherry vinegar or red wine vinegar
1 tbsp/15 ml honey
1 tbsp/15 ml Dijon mustard
Sea salt, to taste
Freshly ground rainbow peppercorns to taste

METHOD:

Roast the beets: Wash the beets and cut the greens, tops, and ends off. Transfer the beets to a small rimmed baking sheet and pour enough water to cover the beets. Wrap the pan tightly with aluminum foil so the beets will steam while cooking for an even roast and the skins will come off easier. Roast in a preheated 350°F/176°C oven until the beets pierce easily with a knife – 30-45 minutes for baby beets and up to 1 hour for larger beets. Remove the beets from the oven, carefully open the foil to allow the steam to escape, and cool for 15 minutes. I recommend wearing disposable gloves to remove the skin to avoid dyeing your fingers. Cut beets into even-sized slices.

Prepare dressing: Whisk together the olive oil, vinegar, honey, and mustard in a large bowl. Adjust seasoning with salt and pepper to taste.

Assemble the salad, place the greens of choice on the plate, and scatter the roasted beets. Drizzle salad with Sherry honey-mustard dressing. Optional garnish – add chunks of plant-based goat-style soft cheese and toasted nuts.

