



Salads & Dressings

Roasted Beets Salad with Citrus Reduction Dressing

4 medium beets, mix of red and gold

1 ½ teaspoon olive oil to coat beets

¾ cups fresh orange juice (about 4 oranges)

½-teaspoon sugar

1 tablespoon minced shallots

1 ½ Tablespoon lemon juice

¾ teaspoon kosher salt, divided

¼ cup extra virgin olive oil

4 cups Boston lettuce, torn

4 cups mixed salad greens (arugula, mesclun and radicchio)

½ cup thinly sliced red onion

Serves 6

Roasting Beets

1. Preheat the oven to 400°F.
2. Leaving root and 1-inch stem on beets, scrub with a brush.
3. Place beets on a foil-lined jelly roll pan coated with cooking spray. Lightly coat beets with olive oil.
4. Bake at 400° for 1 hour and 10 minutes or until tender. Cool beets slightly.
5. Trim off beet-roots and stems; rub off skins. Cut beets into 1/2-inch-thick wedges

Dressing

1. Bring juice and sugar to a boil in a small saucepan. Cook 10 minutes or until reduced to 2 tablespoons.
2. Pour reduction sauce into medium bowl and cool slightly.
3. Add shallots, vinegar, and ½ teaspoon salt. Stirring constantly with a whisk, add olive oil.

Putting Salad Together

1. Combine lettuces and sprinkle with remaining ¼ teaspoon salt and toss.
2. Plate the lettuce mixture on a platter.
3. Place beets, orange segments and red onion on top of the lettuce; drizzle dressing over the top.



TIP: You can use any combination of greens and lettuces.

Instead of juicing the oranges, segment the oranges and save as much juice as