

ROASTED GOLDEN BEETS AND BRUSSELS SPROUTS SALAD WITH RASPBERRY VINAIGRETTE



INGREDIENTS

SALAD INGREDIENTS

1 large fresh gold beet, roasted
and shredded

12-15 Brussels sprouts, thinly sliced

fennel bulb, thinly sliced

1/3 cup lemon juice

1 tsp mustard seeds

1/2 cup fresh Italian flat-leaf

parsley or cilantro, coarsely
chopped

1/2 cup toasted almond

salt and pepper to taste

1 tablespoon red wine vinegar

1 teaspoon honey (optional)

teaspoon kosher salt, or to taste

teaspoon coarse ground black
pepper, or to taste

VINAIGRETTE INGREDIENTS

6 ounces fresh raspberries, rinsed
and drained (about 1 cup)

4 tablespoons extra virgin olive oil

DIRECTIONS

- Make vinaigrette:
 - Strain the berries by mashing them with a fork and pushing the fruit through a strainer into a small bowl. It's fine if a few seeds come through.
 - In a small bowl, mix the raspberry puree with olive oil, red wine vinegar, salt, pepper, and honey (if you like sweetness). You can also combine everything in a jar with a lid and shake well.
 - Taste the mixture and add more salt and pepper if necessary.
- In a large bowl, combine lemon juice, olive oil, crushed mustard seeds, and whisk until blended. Season with salt and pepper.
- Add sliced/shredded veggies and cilantro, and mix in vinaigrette. Toss to coat.
- Garnish with almond slivers and sprigs of cilantro.

NOTE: Looking for an easy way to crush the mustard seeds? Place them on a cutting board and coarsely crush them using a small glass mixing bowl or the bottom of a sturdy drinking glass (please be careful).