

# SUMMER BEET SALAD



## SALAD INGREDIENTS

- |   |   |
|---|---|
| 4 medium beets, stem removed and washed | 1 cup of water                                |
| $\frac{1}{2}$ cup of olive oil          | 1 cup of sliced cherry or heirloom tomatoes   |
| 1 teaspoon of salt                      | 3 tbsp chopped fresh herbs: basil and parsley |
| 1 teaspoon of pepper                    | 2 cups mesclun lettuce                        |
| 2 sprigs of thyme                       | 1 cup cucumber, sliced                        |

## CITRUS VINAIGRETTE INGREDIENTS

- |                                     |                               |
|-------------------------------------|-------------------------------|
| $\frac{1}{4}$ cup champagne vinegar | 3 tbsp fresh orange juice     |
| $\frac{3}{4}$ cup olive oil         | $\frac{1}{4}$ teaspoon salt   |
| 3 tbsp fresh lemon juice            | $\frac{1}{4}$ teaspoon pepper |

## DIRECTIONS

- Preheat the oven to 400 degrees.
- In a bowl, toss beets with olive oil, salt and pepper. Add a sprig of thyme. Place beets in a baking pan. Add one cup of water and cover with aluminum foil.
- Roast beets for one hour until fork tender. Uncover the beets and allow them to cool.
- Cube or slice beets in a bowl. Toss with cherry tomatoes, cucumber and fresh herbs. Set aside.
- Whisk together all vinaigrette ingredients in a small bowl until emulsified.
- Combine all ingredients in the bowl together with the citrus vinaigrette. Add salt and pepper to tastes.

