

ROASTED BEET AND ORANGE SALAD

Serves: 8

Ingredients	Amounts
Beets, green tops trimmed	8
Olive oil	5 tbsp
Red wine vinegar	2 tbsp
Lemon juice	2 tbsp
Salt	1 tsp
Cayenne pepper	pinch
Orange segments	40
Red onion julienne	1/2 cup
Walnut halves	1/2 cup
Goat cheese, crumbled	1 cup

Method

1. Preheat oven to 375°F.
2. Place the beets in a baking dish, add about 1/4 inch of water, and cover tightly with aluminum foil. Roast the beets until tender, about 20 minutes. Allow to cool slightly, and slip off their skins. Cut the beets into quarters.
3. Blend together the olive oil, vinegar, lemon juice, salt, and cayenne pepper. Toss the beets in the dressing while they are still warm.
4. Divide the beets into eight portions and serve each portion with five orange segments, topped with 1 tablespoon each of the onion and walnut, and 2 tablespoons of crumbled goat cheese.

Note: To prepare citrus segments, cut away both ends of the fruit. Using a sharp paring knife, follow the curve of the fruit and cut away the skin, pith, and membrane, leaving the flesh completely exposed. Working to release each segment and keep it intact, slice the connective membrane on either side of the segment.