

ROASTED BEET & ORANGE SALAD

INGREDIENTS

2 pounds Beets, any variety

2 Florida Oranges, segmented

½ Cup toasted Walnuts

1 teaspoon Dijon Mustard

2 teaspoons GDG
Jalapeno or Ghost Pepper
Hot Sauce

1 teaspoon Apple Cider
Vinegar

3 Tablespoons Blended
Oil

Celery Leaves or Fresh
Tarragon for Garnish

DIRECTIONS

Wash Beets, toss with Olive Oil and sprinkle with Salt.

Place in a baking dish with about 14 Cup Water and cover with foil.

Bake for 45- 60 minutes, depending on size. Allow to cool, then slice off the crown and push off skin with your fingers before chopping into bite size pieces.

Meanwhile, peel Oranges, remove the pith and segment between the membrane, if possible, and place into a mixing bowl. Combine Mustard, Hot Sauce, Vinegar and Honey in a jar or jug and whisk together, then slowly drizzle in the Oil until combined.

Combine Beets, Oranges and Walnuts together with the dressing until well combined- allow flavors to mingle for 10 or 15 minutes before serving.

Fabulous with fresh chopped Celery Leaves or Fresh Tarragon, and tangy cheese such as Goat Cheese or Feta.