

Roasted Beet Salad with Goat Cheese

Ingredients	Instructions
<ul style="list-style-type: none">• 4-5 medium beets, scrubbed and trimmed• 2 cups salad greens, arugula, salad mix, or microgreens• ½ small onion, sliced thinly• ½ apple, sliced thinly• ½ cup toasted walnuts (or substitute for almonds or pecans)• 2 oz goat cheese, crumbled• 1-2 tbsp olive oil, for drizzling• 1-2 tbsp balsamic vinegar• Salt and pepper to taste	<ol style="list-style-type: none">1. Roast Beets: Preheat oven to 400°F (200°C). Drizzle each beet with olive oil until fully coated and sprinkle with salt and pepper. Then wrap each beet in foil and roast for 45–60 minutes until soft and tender enough for a fork or knife to easily slide in without resistance. Allow to cool before peeling the skins. Hold them under cool running water and slide the skins off easily with your hands. Chill in the fridge until ready to use.2. Assemble Salad: Slice beets into ¼ inch thick slices. In a bowl, combine mixed greens, microgreens, onions, apple, walnuts, cheese and sliced beets.3. Dress: Drizzle with olive oil and balsamic vinegar, season with salt and pepper.4. Finish: Top with crumbled goat cheese and serve.