

Orange, Beet and Spinach Salad with Honey-Dijon Vinaigrette

Serves 6

If preparing in advance, be sure to not assemble ingredients until the very last minute. Dressing added too early results in a limp salad and tossing in the beets in advance will turn everything a vivid pink color (which may or may not be what you are going for).

For the salad:

1 bunch (about 1 1/4 lbs) small beets, trimmed

Olive oil

Salt, to taste

Freshly ground black pepper, to taste

2 navel oranges, cut into suprêmes (see blog post for instructions on how to cut suprêmes)

8 ounces baby spinach, washed

3.5 ounces goat cheese, crumbled

For the honey-dijon vinaigrette:

3 tablespoons sherry vinegar

2 teaspoons honey

2 teaspoons Dijon mustard

6 tablespoons olive oil

Salt, to taste

Freshly ground black pepper, to taste

Preheat the oven to 400°F. Tear a small square of foil for each beet. Place each trimmed beet atop a foil square and drizzle with a little olive oil and sprinkle with salt and freshly ground black pepper. Wrap each beet individually in foil, enclosing it completely, and place all the wrapped beets on a baking sheet. Bake until the beets are tender when pierced with a fork, about 1 hour. Cool slightly. Peel the beets (wear gloves to avoid staining your hands) and slice the beets into small wedges. Set aside.

Whisk the sherry wine vinegar, honey, and Dijon mustard in a small bowl. Slowly pour in the olive oil whisking constantly. Season to taste with the salt and freshly ground black pepper.

When ready to serve, add the spinach to a large bowl. Pour some of the vinaigrette over the spinach and toss to coat. Add more dressing if needed. Sprinkle the beets, orange suprêmes, and goat cheese over the salad. Serve immediately.

This recipe came from Minced blog (www.mincedblog.com).