



Roasted Beet Salad with Honey-Lavender Dressing

Salad:

About 6 medium beets (any color, without tops, 2 ¼ lb. total)

About 5-6 oz. spinach leaves / mixed greens / baby swiss chard

½ cup pecans, toasted

8 oz. fresh goat cheese

Optional: 2 baby Chioggia beets, scrubbed and sliced paper thin

Dressing:

1 T. extra virgin olive oil

2 medium shallots, sliced thin (about ¾ - 1 cup)

1/3 cup honey

½ - 1 t. fresh lavender leaves, minced

2 T. champagne vinegar

1 t. Dijon mustard

1 cup safflower or other neutral oil (avocado, grapeseed, etc.)

3-4 T. heavy cream (optional)

Salt to taste

Preheat oven to 400 degrees and line a baking/casserole pan with foil or parchment. Wash medium beets (it's ok if they are still wet) and place them into pan. Cover pan tightly with foil and roast 40-60 minutes or until a sharp paring knife slides easily into the thickest part of the beet. (Cooking time will depend on size of beets.) When cool enough to handle, rub off peels with a paper towel or under water. Cut into wedges and set aside.

Meanwhile, prepare dressing: Heat olive oil in a saute pan over medium heat. Add shallots and cook, stirring until softened and just beginning to turn golden, 2-3 minutes. Add fresh lavender and honey; simmer until lavender is fragrant and turns bright green, about 3 minutes. Remove from heat and cool slightly. Place champagne vinegar and mustard in a blender, then add

honey mixture, a pinch of salt and process until smooth. With machine running, drizzle in safflower/avocado oil until combined. Add optional cream and puree until combined.

Place greens in a large bowl. Add dressing to lightly coat greens, then transfer greens to plates/platter. Add beets to bowl and toss again with a little dressing. Top greens with roasted beets, goat cheese and pecans. Garnish with thinly sliced baby Chioggia beets and serve.

Serves 8.