

ROASTED BEET & FETA SALAD



INGREDIENTS

4	Medium BC Beets	4
2 tbsp	Red Wine Vinegar	30 ml
1 tbsp	BC Honey	15 ml
¼ cup	Olive Oil	60 ml
1	Small Head of BC Red Leaf Lettuce, washed and torn into bite-sized pieces	1
2 handfuls	BC Beet Leaves, washed and torn into bite-sized pieces	2 handfuls
½	Small BC Red Onion, thinly sliced	½
½ cup	BC Feta Cheese, crumbled	79 g
to taste	Salt and Pepper	to taste

DIRECTIONS

1. To roast BC Beets, cut off stems to 1 inch (2.5 cm) from root and the end pieces. Wash. Wrap in foil. Place on a cookie sheet and cook at 400 F (205 C) until soft, about 45 minutes to 1 hour. When slightly cooled, remove from foil, peel, and slice.
2. In a small bowl whisk together red wine vinegar, BC Honey, and olive oil. In a salad bowl, combine BC Lettuce, BC Beet Leaves, and BC Onion slices. Pour dressing over salad and toss. Season with salt and pepper.
3. Place beet slices on top and sprinkle BC Feta Cheese all over salad.

