Roasted Beets with Toasted Almonds, Arugula, Goat

Cheese, and a Lemon Honey Vinaigrette

Ingredients

3 each red beets
1 tablespoon olive oil
¼ cup sliced almonds (toasted)
3 ounces crumbled goat cheese
5 ounces arugula
2 each lemons juice
1 tablespoon honey
1/3 cup olive oil
1 teaspoon dijon mustard
½ teaspoon chopped oregano
½ teaspoon salt

Directions

Cooking beets method

Coat beet with olive oil and season with salt. Place in pot and cover with foil. Put pot into a 325 degree oven for one hour. Check beets with a knife. If knife slides in and out of beat easily, it is done. If not place back in oven until done. Let beet cool down and peel with a small knive. Slice beets for salad.

Lemon Honey Vinaigrette

In a stainless steel bowl add lemon juice, dijon, honey, salt, oregano. Next slowly whisk in the olive oil. Taste and add more salt if desired.

Preparation of Salad

Place beets on plate. Next lay greens on top of beets. Sprinkle goat cheese and toasted almonds on top of greens. When ready to serve whisk vinaigrette again and drizzle on top of each salad.