



Orange Roasted Beet Salad

by Chef Paul Ruszat & Dan Abraham Learning Center

Ingredients

- ☐ 8 beets (varied colors-4 gold, 4 red)
- ☐ 16 oranges
- ☐ 1/4 cup lemon juice
- ☐ 1/4 cup lime juice
- ☐ 1 cup fennel bulb, sliced fine (julienne cut)
- ☐ 1/4 of a red, onion, sliced very thinly
- ☐ 1/8 teaspoon coarse sea salt
- ☐ 1/4 cup cilantro leaves, about 36 leaves

Directions

Pre-heat oven to 400F. Prepare beets: Wrap the beets in foil and place on a sheet pan, roast until tender; about 2 hours. Peel and slice the beets, cover and refrigerate.

Next, segment the oranges reserving the juice in a bowl. Add the sliced onions and fennel to the orange juice, then add the lemon and lime juices, stir well. Let the mixture marinate for 5 to 10 minute to soften the onion. Season with the sea salt.

Assemble salad: Arrange the beets alternately with the oranges on a plate and top with the fennel and onion mixture. Garnish with cilantro sprigs.

Mayo Clinic Healthy Weight Pyramid
Servings: 1 fruit, 2 vegetables



Nutrition Facts

Per salad (1 cup):

Calories 112 | Protein

3g | Total Fat 0g |

Saturated Fat 0g |

Carbs 27g | Dietary

Fiber 6g | Cholesterol

0mg | Sodium 72 mg