

VeraVia – Seasonal Salad Greens with Roasted Beets, Fennel and Caramelized Onions

Ingredients:

4 c. mixed salad greens (arugula, mache, frisee, radicchio, or any green leaves you enjoy)
2 red, yellow or chioggia beets
1/2 fennel, with stem and fibrous core removed (save feathery frond for garnish and use bottom 6 inches of the fennel stalk (these are served raw for a fresh contrast)
1 small onion, thinly sliced, caramelized in 2 tsp. butter or olive oil until golden brown and cooled

Method:

- Roast beets by rubbing skins generously with olive oil, salt and pepper. Place in small Pyrex with about a $\frac{1}{2}$ inch of water and cover with foil and set into an oven at 400 for about 40 minutes or until a knife pricking beet flesh gives a little. Cool.
- Take fennel and place cut side on a cutting board. With very sharp knife or a mandolin, thinly slice with the grain and set aside.
- When ready to serve, toss salad greens, fennel, beets and onions together with a few tablespoons of vinaigrette. Garnish with sprigs of fennel fronds.

Vinaigrette (yields extra)

Ingredients:

2 tbsp. red wine vinegar
6 tbsp, extra virgin olive oil
1/2 tsp. Dijon Mustard
1/2 clove of garlic, crushed and chopped
Salt and pepper

Method:

- Mix garlic and mustard together in a medium bowl and drizzle vinegar in whole mixing. Follow by drizzling oil in while whisking together. Conversely shake everything in a jar. Add salt and pepper to taste.