

VeraVia – The Red Salad- Beet Salad with Red Onions and Red Radish Sprouts

Serves 2

Ingredients:

4 c. mixed salad greens (arugula, mache, frisee, radicchio, or any green leaves you enjoy)
2 red or chioggia beets
1 small red onion, thinly sliced
½ c. red radish sprouts
2 tbsp. red wine vinaigrette

Method:

- Roast beets by rubbing skins generously with olive oil, salt and pepper. Place in small Pyrex with about a ½ inch of water and cover with foil. Set into an oven at 400 for about 40 minutes or until a knife pricking beet flesh gives a little bit. Cool down.
- Toss salad greens, beets and onions together with a few tablespoons of vinaigrette. Garnish with radish sprouts and serve.
- Alternatively, serve a composed salad and drizzle with vinaigrette at the table.

Vinaigrette (yields extra)

Ingredients:

2 tbsp. red wine vinegar
6 tbsp. extra virgin olive oil
½ tsp. Dijon Mustard
½ clove of garlic, crushed and chopped
Salt and pepper

Method:

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