

Minted Baby Beet Salad

Salad:

6 roasted organic baby beets sliced into quarters
1/3 c. organic walnuts toasted and roughly chopped
4 oz. Laura Chenel goat cheese, crumbled
3 T. chopped fresh mint

Vinaigrette:

1 clove garlic, minced
1/2 t. Dijon mustard
1/4 t. sugar
juice of 1/2 Meyer lemon
2 T. balsamic vinegar
1 T. extra virgin olive oil
1 T. grapeseed oil

Make the vinaigrette: Emulsify ingredients together using an immersion blender. In a small bowl, drizzle the dressing over the baby beets and toss. Add the chopped mint and season with salt and pepper. Place on individual plates and top with crumbled goat cheese and walnuts. Serves 4.