Roasted Beet Salad
with local greens

Yield: serves 4 -6

Ingredients

For Salad:
Medium size beets, remove tops and wash 6-8
Canola oil 15 ml
Local mixed greens (Try a blend of mesclun, arugula, and frisée) 300 g
Goat cheese, crumbled 100 g
Almonds, slivered 35 g

For Dressing:
Balsamic vinegar 30 ml
Dijon mustard 15 ml
Maple syrup 15 ml
Garlic, finely chopped 1 clove
Canola oil 90 ml
Salt and pepper To taste

Method:
Preheat oven to 400 F. Place cleaned beets on a large piece of foil and drizzle with oil. Wrap foil to form a nice, tight packet. Roast in oven for approximately 1 hour. When you can easily pierce the largest beet with a knife they are done. Un-wrap and let beets and cool until you can handle them. Peel beets and cut into small cubes. Set aside.
In a bowl, whisk together the first four ingredients for the dressing. Continue whisking while slowly drizzling a steady stream of oil until fully incorporated and creamy. You can also make this dressing in a blender by combining the first ingredients, then as the blender is running slowly add the oil through the top. Season to taste with salt and pepper.
To assemble, add the greens to a large bowl, drizzle with approx. half the dressing and toss to combine. Add more dressing if desired or reserve for later. Top with roasted beets, crumbled goat cheese and slivered almonds. Serve immediately.