



## **Farm Fresh Beet Salad with Honey Mustard Dressing**

*Mixed with healthy fresh beet microgreens*

3 garden fresh medium-large beets with skins; leaves, stems, trimmed

### **Honey Mustard Dressing:**

2 Tablespoons orange blossom honey

1-1/2 Tablespoons Dijon mustard

1-1/2 Tablespoons olive oil

1 Tablespoon minced shallots

2 Tablespoon orange juice

Salt; ground black pepper to taste

### **Farm Fresh Beet Salad:**

2 cups beet microgreens

1/4 cup chopped roasted or hot spiced pecans

1/4 cup goat cheese crumbles

2 Tablespoons chopped chives

Place the beets in a large saucepan and add water to cover; bring to a boil; reduce heat; partially cover pot; simmer until tender about 1 hour or until

tender. Drain; cover with ice water until can be handled. Remove the skins easily off the beets. Set aside to cool. Cut beets into about 3/4-inch cubes. Set aside.

**Prepare Salad Dressing:** In a small food processor or bowl, combine all honey mustard dressing's ingredients until blended; set aside.

**Prepare Salad:** In a bowl, toss beet cubes with half of prepared dressing; place in shallow bowl dish for serving. Top with half of beet microgreens; lightly toss; top with pecans, cheese crumbles, chives and remaining microgreens; lightly combine. Drizzle remaining dressing over salad as desired. Yield: Serves 4

**Cook's Note:** If beet microgreens aren't available, use your favorite combination of microgreens. Beet microgreens are easy to grow in your own kitchen. See May 2018 website for information.

**About the Recipe:** The combination of fresh garden beets, crunchy spiced pecans, creamy cheese crumbles, and beet microgreens are delicious coated with an orange blossom honey mustard dressing. The beautiful shades of red, pink, and green' almost seem iridescent as they blend together in this attractive summer salad.