



Beet, Plum and Goat Cheese Salad

Ingredients

- **12 2-inch** diameter beets, washed and tops trimmed
- **1 ½ lbs.** ripe but still firm plums, pitted and cut into ½ inch pieces.
- **1** medium red onion, finely sliced
- **About 10 oz.** baby arugula or spinach
- **8 oz.** soft fresh goat cheese, crumbled

Dressing:

- **1 tsp.** finely grated orange zest
- **Juice of ½** fresh orange
- **2 tbsp.** white wine vinegar
- **2 tsp.** honey
- **2 tbsp.** walnut oil (optional)
- **3 tbsp.** light flavoured oil
- salt and pepper to taste

Directions

1. Wrap beets tightly in foil and roast in a 375 degree oven on a baking sheet until tender. (This can take from 1 ½ to 2 hours)

2. Unwrap beets and allow to cool. Remove skins and cut into quarters or rounds. Place in large bowl.
3. Combine dressing ingredients in jar. Shake well and taste. Adjust seasonings.
4. In a small bowl, sprinkle onions with a tbsp. of dressing and allow to sit for a few minutes.
5. Toss beets with 2 tbsp. dressing.
6. Toss plums with dressing in a separate bowl.
7. Sprinkle salad greens with dressing.
8. Arrange beets around edge of small platter.
9. Mound greens in center.
10. Top with plums and onions and sprinkle with goat cheese and serve.