

Roasted Beet Salad with Oranges



Slow roasted until sweet, beets are paired with toasted almonds, orange segments and creamy goat cheese in this classic salad. Kids will have fun crumbling the goat cheese and whisking together the fresh squeezed orange vinaigrette. This recipe comes to us from Patrice of [Circle B Kitchen](#).

Ingredients: (serves 6)

For the Salad:

- 1 pound beets
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- A pinch salt and pepper
- 2 oranges
- 1/2 cup slivered almonds
- 1/2 head romaine lettuce
- 5 ounces mixed baby greens
- 2 ounces goat cheese

For the Orange Vinaigrette:

- 1 orange
- 3 tablespoons extra virgin olive oil
- 1 1/2 tablespoon red wine vinegar
- salt and pepper, to taste

Instructions:

To make the Salad:

Together: Preheat an oven to 375°. Place the beets into a baking pan. Drizzle with the olive oil and balsamic vinegar and season with a pinch of salt and pepper.

Adult: Cover the pan with foil, place in the oven and roast for 45-60 minutes, or until a skewer can be easily inserted into the beets. When the beets are tender enough to be pierced, set them aside to cool.

Kid: While the beets are cooking, peel the oranges and separate them into segments.

Adult: While the beets are cooking, toast the almonds in a small frying pan over medium high heat for 1-2 minutes, or until the almonds are golden brown and fragrant. Set aside to cool.

Together: When the beets are cool, slip their skins off using your fingers. Cut the beets into wedges and transfer to a medium sized serving bowl. Drizzle with a little more olive oil and balsamic vinegar.

Kid: Crumble the goat cheese into medium sized chunks. Tear off the leaves of the romaine lettuce and mix with the baby greens in a medium sized bowl.

Together: Toss the lettuce with 3/4ths of the orange vinaigrette, taking care to ensure the lettuce leaves are evenly coated.

Adult: Divide the lettuce into 6 portions. Top with roasted beets and orange segments. Drizzle with the remaining vinaigrette.

Kid: Sprinkle each salad with the goat cheese and toasted almonds and enjoy!

To make the Orange Vinaigrette:

Kid: Juice the orange and transfer the juice to a small bowl. Whisk the orange juice, olive oil and red wine vinegar together. Season with a little salt and pepper to taste.

Food For Thought!



Beets are a root vegetable, which means they grow underground and the part we typically eat is the vegetable's root. Other root vegetables include carrots, potatoes and radishes. But unlike potatoes and carrots, the leafy green tops of beets are edible and delicious, too! Try them in any recipe that calls for spinach.

Cooking Tip of the Week

Be careful when slicing beets – the red juice might stain your fingers! Try wearing rubber gloves to prevent staining, or scrub your hands with coarse salt and lemon juice after handling to remove the color.

Conversation Starter

If you could trade places with someone for a day, would you do it? Who would you pick and why?



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