



Citrus and Baby Beet Salad



This bright salad combines two of winter's tastiest seasonal offerings: root vegetables and citrus fruit. Top it with a bit of crumbled cheese for a heartier meal or serve alongside your favorite pasta dish. This recipe comes to us from our friends at [Melissa's Produce](#).

Ingredients: (serves 5)

- 1 8-oz. package steamed baby beets
- 1/4 cup balsamic vinegar
- 6 tangerines or your favorite citrus fruit, peeled and sectioned
- 1 5-oz. container mixed baby greens
- 4 oz. crumbled blue cheese or goat cheese (optional)

Citrus Vinaigrette

- 6 tangerines or your favorite citrus fruit, peeled and juiced (about 1 cup of juice)
- 2 tablespoons agave syrup
- 1/4 cup red wine vinegar
- Kosher salt, to taste
- Freshly ground black pepper, to taste

Instructions:

Adult: Preheat oven to 425°F.

Kid: In a bowl, drizzle the balsamic vinegar over the beets and toss to coat. Spread the beets in a single layer on a cookie sheet and roast in the oven until slightly browned.

Together: Meanwhile, combine all of the ingredients for the vinaigrette. Mix well.

Together: In a large mixing bowl, gently combine the beets and tangerines and pour the vinaigrette over the top. Toss gently and serve over baby greens. Top with crumbled cheese if desired.

Food For Thought!



Most fruits, like apples and peaches, taste best in late summer or early fall. This is when they are “in season,” meaning that farmers harvest them. But citrus fruits like tangerines are in season from late fall through winter, making them a refreshing way to perk up your winter dishes! In the US, citrus fruits are mainly grown in states with a mild winter, including California, Arizona and Florida.

Cooking Tip of the Week

Beets are a sweet root vegetable that many kids love, but their dark red juice can make them a hassle to prepare. For a nutritious kitchen shortcut, look for packaged steamed beets in the produce section.

Conversation Starter

What is your favorite thing about Winter?



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