

Beet and Grapefruit Salad – serves 4

6 small fresh beets

¼ cup water

Salt and ground pepper

3 small red grapefruit

1 tsp liquid honey

1 tsp grainy mustard

¼ cup vegetable oil

6 cups mixed salad greens

¼ cup thinly sliced red onion

¼ cup chopped toasted pecans

4 ozs goat's milk cheddar or soft cheese crumbled

Beet prep

Preheat oven to 400 deg. Trim beet and scrub. Place in baking dish with ¼ cup water and sprinkle with salt and pepper. Cover the dish with a lid or foil and roast for 45 minutes until tender. Allow to cool. Trim off the skins and remaining stalks. Can be wrapped and stored for 2 days at this stage.

Dressing

Finely grate 1 tsp of the zest from grapefruit. Squeeze half of the **1** grapefruit and measure **3 Tbsp** of juice. (Reserve remainder for another use or if recipe is doubled this will use all the juice). Whisk the zest, juice, honey, mustard and ¼ tsp salt and pepper. Gradually whisk in the oil.

Salad

Cut beets in small wedges and toss with **2 Tbsp** of the dressing. Cover and allow standing for 30 mins or refrigerating for 8 hours.

Use a serrated knife to trim skin and outer membranes of remaining **2 grapefruit**. Cut between the membranes to release the segments. Refrigerate up to 8 hours too.

To serve

Just before serving **toss salad greens** with half the remaining dressing and divide among the plates. Top with the beets, grapefruit segments, finely sliced onion, nuts and crumbled cheese. Drizzle with remaining dressing.