

*Salad of Mache & Beets - Recipe from Eating Well, April 1995*

*2 Tbsp finely chopped shallots  
2 Tbsp red wine vinegar  
2Tbsp cranberry juice cocktail  
1 Tbsp whole grain mustard  
2 Tbsp olive oil, extra virgin  
Salt & Pepper to taste  
6 small cooked beets, peeled and cut into thin sticks  
1hard cooked egg, peeled  
9 cups of spring mix salad with fresh herbs*

*In a small bowl, whisk together shallots, vinegar, cranberry juice, and mustard. Slowly whisk in olive oil. Season to taste with salt and pepper. Pour half of the dressing into a separate bowl and set aside. Marinate beets in the remaining dressing for at least 1 hour and up to 6 hours.*

*Just before serving finely grate egg into a small bowl. Toss the reserved dressing with the organic greens. Arrange on 6 salad plates. Divide the marinated beets over the lettuce and garnish with some of the finely grated egg and a grinder of black pepper.*

*Serves 6*