

Sweet and Spicy Beet Salad

Recipe by Lorin Fahrmeier

4-6 medium beets, roasted and peeled
4 handfuls of fresh lettuce greens of your choice, clean and torn
1 tbsp fresh italian parsley, chopped
1 tbsp. fresh cilantro, chopped
3 slices of bacon
½ small red onion, sliced
3 tbsp. extra virgin olive oil
2 tbsp. apple cider vinegar
1 tbsp. Dijon mustard
1 tsp. honey
pinch dried red pepper flakes
sea salt
freshly ground black pepper
1 small log of goat cheese

Preheat oven to 400 degrees. Wash beets and cut off greens only, not the stems. Place beets in the center of a large piece of foil. Drizzle with olive oil. Sprinkle with a pinch of kosher salt. Wrap the beets tightly in the foil to ensure no steam escapes. Place on a rimmed baking sheet. Place in oven.

Roast beets for approx. 40 minutes. Remove from oven and let cool. Once cool, peel the skins off with a knife or foil. Diced into bite size pieces and set aside in a small bowl. Add in herbs and a pinch of salt.

Fry bacon in skillet until very crisp. Remove from pan, reserving drippings. Crumble bacon and set aside. Add onion to pan and sauté until translucent. Reduce heat to simmer. Whisk in oil, vinegar and mustard. Add small pinch each of red pepper flakes and black pepper and whisk again. Add honey and stir.

Top beets with vinaigrette and the crumbled bacon. Toss. Taste and adjust seasonings if needed. Place one handful greens on salad plates. Mound beets on top of greens. Drizzle additional vinaigrette over salad if desired. Top with goat cheese. Serve