



Beet & Arugula Salad

4 servings

50 minutes

Ingredients

4 Beet (skin on, washed)
3 tbsps Extra Virgin Olive Oil
1 1/2 tbsps Balsamic Vinegar
1 1/2 tps Raw Honey
Sea Salt & Black Pepper (to taste)
4 cups Arugula (packed)
1 Apple (thinly sliced)
1/2 cup Goat Cheese (crumbled)
1/4 cup Pumpkin Seeds

Directions

- 1 Preheat the oven to 400°F (204°C). Wrap the beets in foil and bake for 40 to 45 minutes, or until cooked through. Remove the beets from the oven, let them cool then peel and slice into quarters.
- 2 While the beets cook, make the dressing in a small bowl by whisking together the olive oil, balsamic, honey salt and pepper. Set aside.
- 3 Add the arugula to a salad bowl and top with the beets, apple, goat cheese, and pumpkin seeds. Drizzle the dressing on top. Toss and enjoy!

Notes

Dairy-Free: Omit the goat cheese, or use a plant-based cheese instead.

No Pumpkin Seeds: Omit or use sunflower seeds instead.

No Apple: Use a pear instead.

No Honey: Use maple syrup instead.

Save Time: Roast the beets ahead of time.