

# Garden to Fork – Roasted Beet, Orange and Avocado Salad

Try this colorful salad as a healthy lunch entree or as a dinner side with grilled meats.

## Ingredients

- 2 medium beets: roasted
- 1 tablespoon olive oil
- 2 medium oranges
- 1 medium avocado
- 1 teaspoon honey
- 1 tablespoon lemon juice
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 cups mixed salad greens
- 1 tablespoon chopped fresh mint
- 1 tablespoon chopped fresh parsley
- Optional: add goat or feta cheese



## Recipe steps

- To roast beets
  - Preheat oven to 400 degrees Fahrenheit
  - Wash and trim fresh beets, drizzle with olive oil. Wrap individually in foil
  - Roast 45-50 minutes. When cool, unwrap and peel off the skin. It will slide off easily
  - Slice into wedges
- Peel and segment the oranges
- Pit, peel and thinly slice the avocado
- Dressing
  - Whisk together honey, lemon juice, salt and pepper
- Arrange mixed greens on a platter. Top with beets, oranges and avocado slices
- Add optional cheese if desired
- Drizzle with honey-lemon dressing. Sprinkle mint and parsley on top

Enjoy! Alaine