

BEET AND ORANGE SALAD WITH ARUGULA AND FETA

Prepared by: Nancy Kenner, November 2018

Source: Mallmann on Fire

1 large red beet
1 large golden beet
1 navel orange
1 red onion
2 cups baby arugula
2 ounces feta cheese
2 teaspoons fresh thyme leaves
Coarse sea salt and freshly ground black pepper
Extra virgin olive oil for drizzling

Heat an horno or the oven to 375 degrees.

Wrap each beet in foil and roast for 1 hour, or until they are tender all the way through when pierced with a skewer.

While the beets are roasting, using a sharp knife, slice off the peel from the orange, carefully removing all the pith. Slice thinly.

Slice the onion very thin on a mandoline.

When the beets are done, let them cool enough to handle, then remove the skin and slice them about 1/3 inch thick, keeping the colors separate so they don't bleed into each other.

Arrange most of the arugula, the beet slices, sliced onion, and orange segments on a wide platter. Crumble the feta over the top and add the rest of the arugula and the thyme. Season with salt, pepper, and a good drizzle of olive oil and serve.

Nancy's Notes: This was a really nice salad. I did end up adding my own vinaigrette for a little more flavor.