

Raw Beet Salad with Orange Supremes and Spring Greens

This salad is not only beautiful with different colored beets, but it is packed with antioxidants, vitamin A and C, iron, potassium, folic acid and fiber.

½ lb. raw beets, a mix of colors if possible (about 4 small or 3 medium), peeled
1 orange, peeled and segmented (“supremes”)
6 C spring greens, washed and spun dry
¼ C fresh chives, finely cut, or other fresh herbs of your choice (tarragon, basil)

Optional – crumbled feta cheese or soft goat cheese, for garnish

Dressing

1 T white wine or champagne vinegar
1 T fresh lemon juice
1 t Dijon mustard
3 T extra virgin olive oil
½ t sea salt

Peel the beets and, using a hand guard, carefully slice them paper thin on a mandolin or hand-held slicer. (If you don’t have a mandolin or a hand-held slicer, you can grate the beets, but it will change the texture and look of the salad.) Set the sliced beets aside and prepare the orange: cut both end off the orange, stand it on one side and guide the knife down to the bottom end, following the shape of the fruit. Remove the rind and as much of the white pith as you can. Slice along the inside of the membrane, gently removing each segment into a bowl.

In a small bowl or jar, mix together the vinegar, lemon juice and Dijon mustard. Drizzle in the olive oil and salt, whisking well to emulsify the dressing. Taste and adjust for salt.

Assemble the salad: in a bowl or a deep-dish platter, scatter the spring greens evenly and layer with the beet slices and oranges. Drizzle half the dressing over the salad, and toss gently to coat the salad greens, taking care not to break apart the orange supremes. Garnish with finely-sliced chives and/or fresh herbs of you choice. Serves 6.