

Orange and Beet Winter Salad

serves 2

6 roasted beet slices- 1/8 inch thick or thinner

1 tablespoon toasted sunflower seeds

1/3 cup orange segments (I used two Satsuma mandarins)

1/2 avocado, pit and peel removed, sliced thin

1 cup mixed greens

roast beets

Cut stem and root from the beet. Rub with olive oil. Bake beet at 400 for 45 minutes to one hour. For this recipe it is best if the beet is slightly softened, but still firm. They are much easier to slice this way and provide a toothsome bite in the salad.

toast sunflower seeds

Place sunflower seeds in a dry pan over medium heat. Stir frequently until the seeds begin to brown. Remove from heat.

arrange the salad

Layer the greens, beets, and avocado in a serving dish or on individual plates. Scatter sunflower seeds over the top. Lightly dress the salad with Tangy Citrus Dressing.

Tangy Citrus Dressing

makes 1/4 cup

1 tablespoon satsuma juice (or another type of orange)

1 tablespoon lime juice

1/2 teaspoon honey

1/2 teaspoon salt

1/2 teaspoon coarsely ground pepper

1 tablespoon olive oil

Mix the juices, honey, salt and pepper in a small bowl. Drizzle in the olive oil while whisking until the dressing is uniform.