Beet & Blueberry Salad

For the beets, tightly wrap:

3 large beets (2 lbs)

For the vinaigrette, whisk:

1/3 cup fresh lemon juice

2 Tbsp. each honey & extra-virgin olive oil

1 Tbsp. grated fresh ginger

2 tsp. Dijon mustard

Salt & Pepper to taste

For the salad, combine:

4 cups fresh blueberries

1 cup chopped walnuts, toasted

1/2 cup chopped fresh mint

crumbled goat cheese (optional)

Directions: Preheat oven to 400

For the beets, tightly wrap in heavy-duty foil, place on a baking sheet, and roast until fork tender. about 3 hours. When cool enough to handle, remove and discard skin from beets, dice.

For the vinaigrette, whisk together lemon juice, honey, oil, ginger, and Dijon, season with salt and pepper.

For the salad, combine beets with blueberries, walnuts and mint. Toss salad with vinaigrette and garnish with goat cheese.

\*for time savings, roasted beets are available in the produce section at Trader Joe’s and many other grocery stores.