



SOUTHERN SPINACH SALAD WITH ROASTED RED BEETS

- 3 medium beets, washed, trimmed; roasted
- 2 Tablespoon olive oil
- 2 Tablespoons apple vinegar
- 1/4 cup olive oil
- 1 Tablespoon caramel topping
- 1 teaspoon Dijon mustard
- 4 cups baby spinach
- 1 cup fine chopped small beet leaves
- 1/4 cup fine chopped red onions
- 1/3 cup crumbled goat cheese
- 1 /3 cup candied almonds or walnuts
- 2 Tablespoons pomegranate seeds

Rub unpeeled beets with oil; place in foil lined roasting pan in preheated 400 F degree oven. Bake for 45 to 60 minutes or until beets are tender. Let beets cool until warm. Remove; discard peels. Cut each beat in half; cut into half slices. Set aside.

In a medium sized container, combine vinegar, olive oil, caramel topping and Dijon mustard; whisk dressing together.

Place spinach, beet leaves, onions, and sliced beets in a large bowl; toss with prepared dressing. Top salad with crumbled goat cheese, candied nuts, and pomegranate seeds. Serve room temperature. Serves: 4 to 6

Preparation time: 15 minutes

Baking time: about 45 to 60 minutes

About the recipe: A new way to serve that Spinach Salad – give it a Southern touch. Gather up those dressing ingredients and add a touch of caramel. The roasted beets, beet greens, red onions, and fresh spinach will embrace that new flavor touch. Top your zingy salad with soft goat cheese, candied nuts, and juicy pomegranate seeds. So refreshing!

Inspired by: Annemarie Saied's gourmet dinner spinach salad