



Autumn Roasted Tri-Color Beet Salad.
With whipped ricotta, apples, and walnuts

Colorful Beets

1 small bunch (each) fresh red beets; golden beets; candied colored beets
3 to 4 Tablespoons canola or olive oil

Lemon Maple Vinaigrette

1/4 cup lemon juice
2 Tablespoons maple syrup
1/8 teaspoon hot sauce
1/4 teaspoon salt
1 teaspoon dry lemon thyme leaves
1/8 teaspoon ground black pepper
1/2 cup canola or olive oil

Salad:

1 apple, peeled, cored, julienne cut
1 cup whole milk ricotta, whipped
1/2 cup walnut halves, toasted

Preheat oven to 375 degrees F. Line large shallow baking pan with aluminum foil.

Use plastic gloves since red beet juice can stain your hands.

Roast Colorful Beets: Trim the leaves and stems from beets; set aside to use for the salad. Trim, discard beet roots. Wash beets, keeping the red beets separated from the other colors.

Place all the beets on baking pan; drizzle beets with oil. Bake in preheated 375-degree F oven for 30 minutes; check for doneness;

Turn beets over. Return to oven. Continue baking for 30 to 45 minutes or beets are tender. Remove from oven; set aside until able to handle.

Prepare Lemon Maple Vinaigrette: In medium bowl, combine first 6 ingredients; whisk in oil until blended. Set aside or chill in refrigerator.

Prepare Salad:

When able to handle, peel beets; cut into chunks; place beet chunks into separate bowls according to color; toss each with 1 Tablespoon vinaigrette.

Remove beet leaves from stems; tear large leaves into pieces; toss with 2 Tablespoons prepared vinaigrette.

Cut apple slices into matchsticks; place in small bowl; toss with 1 Tablespoon prepared vinaigrette.

Serve the Salad: Spread the whipped ricotta over the bottom of a platter or serving dish. Top with beet leaves; arrange beet chunks over the leaves; scatter apples, and walnuts over the salad. Add a few small whole multicolored beet leaves over the top. Serve any remaining vinaigrette on the side.

Cook's Note: Make sure that the beet leaves are crisp and fresh when you purchase the beets. Some stores will carry candied beets or golden beets as well as red beets.

About the Recipe: This salad is stunning, dotted with autumn colored roasted beets, beet leaves, apples, and walnuts. The maple lemon thyme vinaigrette adds a sweet forest flavor as it combines the whipped ricotta and roasted beets.