



Roasted Beet and Carrot Salad

Prepared by Jessica Grzybowski for Andrews University Alumni Weekend.



ingredients

6 beets washed, peeled and sliced

4 carrots, washed, peeled and sliced

2 tbsp olive oil

1 tsp dried rosemary

pinch of salt

2 large handfuls of greens (i.e. spring mix, spinach, kale)

Greens from beets, washed and sliced, if available

Dressing:

3 tbsp olive oil

2 tbsp white wine vinegar

1 tbsp honey

1 garlic clove, crushed

1 tsp dried rosemary

pinch of salt

1/4 c chopped walnuts

1/4 feta

instructions

Preheat your oven to 400F. Cut each beet in half and then into even slices. Cut your carrots lengthwise in 3 inch sections and then cut those sections into slices. Place your carrots and beets on a baking tray and toss with your olive oil, rosemary and salt, bake for 30 minutes, flipping halfway through. Prepare a large bowl with your choice of mixed greens and beet greens. In a small bowl mix together your olive oil, white wine vinegar, honey, garlic, rosemary and salt. Once your beets and carrots are roasted allow to cool for about 5 minutes. After your vegetables are slightly cooled place them over your greens and dress your salad with dressing, walnuts and feta. Enjoy!

