



Spinach, Orange and Beet Salad

Courtesy LadyFingers Private Chef and Catering Service
6 servings

Ingredients:

- 4 small beets - approximately 1/2 lb.
- 2 large navel oranges
- 3/4 lb baby spinach, stems removed
- 3 tablespoons extra virgin olive oil
- 1 tablespoon fresh lemon juice
- 2 medium shallots, minced
- salt and freshly ground pepper to taste

Instructions:

1. Preheat oven to 375
2. Trim greens from beets and place in a baking dish. Add water to a depth of ¼-inch. Cover with foil and bake until the beets are fork-tender, 40-50 minutes. Do not overcook.
3. While the beets cook, cut a slice off of the top and bottom of one orange to expose the fruit. Stand the orange on a cutting board and slice off the peel in strips following the contour of the orange. Cut between each section to free the orange pieces from the membrane. Repeat with remaining orange.
4. For the dressing, whisk together the olive oil and lemon juice. Add the shallots, salt and pepper and let stand for 30 minutes to allow the shallots to flavor the dressing.
5. When the beets are cooked, remove them from the oven and let them cool until they can be handled. Peel and cut into wedges about the same size as the orange sections. Place in a bowl, add the orange sections and toss with enough dressing to coat.
6. Place the spinach in a large bowl and toss with remaining dressing. Taste and adjust seasoning if necessary. Divide spinach equally among plates and top with beets and oranges.