



RECIPES

Beet Salad

Dressing

3 TBS Red wine vinegar

3 TBS Balsamic vinegar

2 TBS fresh tangerine juice

1/4 cup olive oil

Real Salt and dash of cayenne pepper

Combine red wine vinegar, balsamic vinegar, tangerine juice and oil in jar. Season to taste with salt and pepper.

Salad Ingredients

1 bunch large beets

6 cups mixed spring greens

1 cubed Haas avocado

1/2 cup chopped almonds lightly sautéed in butter (then drained)

1/2 cup crumbled goat cheese

Scrub and trim beets leaving one inch stem and then peel. Julienne or large grate beets into mixing bowl. Shake jar to mix dressing and add to mixed greens and toss with goat cheese, tomato, avocado and almonds. Serve with garnish of cilantro, almonds, and goat cheese.