

Roasted Beet & Apple Salad

Makes 4 servings

Ingredients:

4 medium size beets
6 slices bacon, diced
2-3 bunches Les Verts Living Greens, roughly chopped
2 honey crisp apples, cored and thinly sliced (any tart variety works great)
1-500ml can cooked lentils, rinsed
½ cup roasted & salted pumpkin seeds

Instructions:

Preheat oven to 425°F. Individually wrap the beets in aluminum foil, and place them directly on the oven rack. Roast for 45-50 minutes, until fork tender. Set aside to cool. When cool enough to handle, trim the ends of each beet, then peel and discard the skins. Chop into bite size pieces.

Add the bacon to a skillet over medium-high heat. Cook, stirring frequently, until fat is completely rendered and bacon is crisp to your liking. Using a slotted spoon, transfer the crispy bacon to plate lined with paper towels to absorb excess grease.

To assemble, scatter the greens on a large serving platter (or in a large bowl). Add the beets, bacon, apple slices, lentils, and pumpkin seeds. Drizzle with dressing upon serving and toss well to evenly coat the ingredients.

Sweet Shallot Dressing

¼ cup extra-virgin olive oil
2 tablespoons finely diced shallot
2 tablespoons apple cider vinegar
1 tablespoon maple syrup
½ tablespoon dijon mustard
salt and pepper, to taste

Add the ingredients for the dressing to a blender or small food processor. Blend on high until completely combined, creamy, and emulsified. Transfer to a small bowl or dressing dispenser.

