

ROASTED BEET & FENNEL SALAD



Prep: 20 minutes

Cook: 40 minutes

Yield: 2 servings

- 1 medium sized beet
- 1 fennel bulb
- salad greens
- 1 tablespoon oil
- 1 orange or 1 can of mandarin oranges

OPTIONAL

If serving as a main dish, consider adding a cooked egg, grilled chicken or a can of kidney beans for extra protein.

1. Preheat oven to 400 degrees
2. Cut beet & fennel into 1/4 inch thick "wedges"
3. Toss beets in 1 tablespoon oil & spread on a baking sheet & bake for 20 minutes
4. While baking, peel orange, split into slices & cut each slice in half (or use mandarin)
5. After 20 minutes, take beets out & add fennel to the baking sheet, toss so they're mixed together but not overlapping too much, sprinkle with a pinch of salt
6. Return beets with fennel to the oven and bake for additional 20 minutes or until beets are soft and fennel is browned
7. Dump hot beets & fennel into a large bowl & toss with cut oranges
8. Add desired amount of greens, toss & enjoy!



Chef's Notes: This recipe is great as a big salad for two people or as a side salad for four. Use as a side salad with pork & beans, mac & cheese, a grilled cheese sandwich or other type of "main" dish.

Fennel is in the carrot family along with dill. The frilly tops of fennel are called "fronds". You can dice the "fronds" up to add extra flavor to your salad or save them add to a different dish.

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