

TWO SPARROWS farm



ROASTED BEET SALAD

with blueberry, almond, and sheep milk feta

Preparation: 20 min

Cooking: 30 min

Ready in: 50 min

Ingredients

- 8 - 10 cups of your favorite chopped garden greens (romaine, spinach, endive, arugula etc.)
- 4 beets
- 1 red onion
- 1/2 cup chopped toasted walnuts
- 3/4 cup crumbled feta
- 1/2 cup blueberries
- 2/3 cup olive oil + 2 tbs.
- 3 tbs. balsamic vinegar
- 1 tbs. Dijon mustard
- salt and pepper to taste
- 1 tsp. honey, maple syrup

Directions

1. Preheat your oven to 400F. While the oven is warming up, rinse and quarter the beets and onion and then chop them into 1/2 inch slices. Toss in 1 tablespoons.
2. Roast them until tender, about 30 minutes.
3. In the meantime, toast the walnuts.
4. Whisk together the remaining olive oil, mustard, honey, salt and pepper.
5. Top greens with your roasted beets, onions, blueberries, walnuts, and feta.

Drizzle with your salad dressing and enjoy!