

Roasted Beet & Apple Salad with Crispy Bacon and Sweet Shallot Dressing

This beet salad is great served chilled or at room temperature. It's lightly dressed with a sweet shallot dressing which compliments the earthy roasted beets and tart apple. To save time, roast the beets the day before and store them in the refrigerator until ready to use!

Serves 4

Ingredients:

For the salad:

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

For the 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

Directions:

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.

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.

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.