

BEET, ORANGE, AND APPLE SALAD

- 1 ½ pounds beets
- 2 cups shredded beet greens
- 1 cup salad greens of choice (green leaf or romaine)
- 1 large orange
- 2 Granny Smith apples (peeled, cored and diced)
- ¼ cup olive oil
- ¼ cup raspberry vinegar
- ¼ teaspoon salt
- 1 clove garlic, minced
- 2 tablespoons unsalted sunflower seeds, lightly toasted

Wash and dry beet roots and greens. Shred beet greens to measure 2 cups. Add another 1 cup of salad greens and set aside.

Place beets in sauce pan with enough water to cover. Bring to boil, cover, reduce heat and simmer for 20 minutes, or until tender. Drain and allow to cool. Trim and peel off beet skins. Cut into wedges.

Peel and section orange. In a bowl, combine orange sections, beets and apples. Whisk together olive oil, vinegar, salt and garlic. Pour over beet mixture and toss well.

Arrange ½ cup greens on 4 salad plates. Top with beet mixture, sprinkle with sunflower seeds, and serve.