

## **Holiday Roasted Beet and Arugula Salad**

For the salad:

2 red beets  
2 golden beets  
2 granny smith apples - diced  
16 oz baby arugula  
Goat cheese

For the dressing:

2 Tbls. real maple syrup  
1 Tbls. Dijon mustard  
2 Tbls. white balsamic vinegar  
6 Tbls. olive oil  
1 clove garlic minced  
Salt and pepper to taste

For the pecans:

½ cup sugar  
½ cup brown sugar  
1 Tbls cinnamon  
1 tsp salt  
1/8 tsp cayenne  
12 oz raw pecan halves  
1 egg white, briefly whisked

### **Directions for Pecans**

1. Preheat oven to 300 degrees and line a large baking sheet with parchment paper.
2. Mix sugar, brown sugar, cinnamon, salt and cayenne in a small mixing bowl and whisk until combined.
3. In a large mixing bowl add the pecans and whisked egg and toss gently to coat pecans. Add in the sugar mixture and gently toss until the pecans are evenly coated.
4. Spread pecans in a single layer on baking sheet. Bake for about 20 minutes, remove the nuts and stir. Bake for 20 minutes more or until the pecans are fragrant and the sugar coating is cooked. (Note the sugar coating will continue to harden and dry once the pecans are out of the oven.)
5. Place baking sheet on a wire rack to cool. Serve and enjoy or transfer to a sealed container to store at room temp for up to 2 weeks.

### **Directions for Vinaigrette**

1. Combine all ingredients in jar and shake well. Or add to a bowl and whisk or use an immersion blender.
2. Store in refrigerator.

#### Directions for Salad

1. Preheat oven to 400 degrees
2. Scrub the beets, poke holes in beets with a fork, and wrap in aluminum foil and bake for 90 minutes, or until very soft when poked with a fork.
3. Allow beets to cool enough to handle. Unwrap from the foil, peel them using a potato peeler or paring knife, and chop into wedges.
4. Add the arugula to a large serving bowl and toss in desired amount of vinaigrette. Top with roasted beet wedges, apple slices, candied pecans, and goat cheese.

\*\* Recipe adapted from:

<https://www.gimmesomeoven.com/candied-pecans-recipe/>

<http://www.imbored-letsgo.com/maple-mustard-vinaigrette/>

<https://www.theroastedroot.net/roasted-beet-arugula-salad-maple-balsamic-vinaigrette/>