



ROASTED BEET & CITRUS SALAD

Ingredients

2 oz. each	Golden & Red Beets (roasted, peeled)
3 sections	Orange, peeled, segmented
¼ oz.	Citrus Vinaigrette
2 tsp.	Feta cheese
1 tsp.	Greek yogurt, 0%
½ tsp.	Balsamic glaze
5 each	Pine nuts
2-3 drops	Basil Vinaigrette
1 T.	Microbasil

Method

- Roast beets, cool, peel and cut some beets in ½ and use the others for slices.
- In mixing bowl, add feta cheese and greek yogurt and mix until smooth. Use spoons to shape into correct plated presentation.
- To assemble:
 - Using paint brush, brush the balsamic glaze across the plate. Use as minimal as possible.
 - Add the beets, per visual/Hicham.
 - Place an orange segment to the designated spot close to the beets.
 - Add feta cheese and yogurt mixture to the plate.
 - Place pine nuts on plate (make it appealing).
 - Drizzle very little of Citrus Vinaigrette on beets.
 - 3 drops of Basil Vinaigrette as presentation piece.
 - Top with microbasil.

Serves: 1

Serving Size: Composed

Calories: 110

Fat: 4 gm

Protein: 3 gm

Carbohydrates: 16 gm

Sodium: 150 mg

Fiber: 3 gm