

SWEET PEA MICROGREEN AND ROASTED BEET SALAD

Servings 2 - Prep Time 15 mins - Total Time

INGREDIENTS

1 7 oz container of Sweet Pea Microgreens
2 Medium Beets
1 Medium Carrot
¼ cup Pumpkin Seeds or Sunflower Seeds
2 oz Goat or Sheep Cheese
1 Tbsp Avocado oil

DRESSING INGREDIENTS

4-5 cloves roasted garlic or garlic confit
2 Tbsp, olive oil
1 tsp apple cider vinegar
1 Tbsp honey
1 tsp dijon mustard
¼ tsp salt
¼ tsp pepper
1-2 Tbsp water

DIRECTIONS

- Preheat oven to 425F
- Wash the beets clean, then trim stems root down to where you can see the flesh
- Coat with avocado oil and individually wrap the beets with a piece of aluminum foil,
- Roast until fork tender, about 45 minutes
- Unwrap the beets and let cool completely enough to handle
- Use your hands or a knife to peel the skin, then cut into cubes
- Peel and grate carrots
- Combining all dressing ingredients in a blender and blend on high until smooth
- Assemble and toss salad