



## BEET SALAD

Advanced Lifestyle

### INGREDIENTS

2 pounds beets, (5-6 medium)  
¼ cup extra-virgin olive oil  
2 TBS sherry vinegar, or white-wine vinegar  
½ TSP Dijon mustard  
½ TSP honey  
½ TSP salt  
Freshly ground pepper, to taste  
1 stalk celery, finely chopped  
1 large shallot, finely chopped

### INSTRUCTIONS

—Preheat oven to 400°F. Divide beets between 2 pieces of foil; bring edges together and crimp to make packets. Roast until the beets are just tender when pierced with the point of a knife, about 1 ¼ hours. Unwrap the beets and let them cool.

—Meanwhile, whisk oil, vinegar, mustard, honey, salt and pepper in a small bowl to make dressing.

—When the beets are cool enough to handle, slip off the skins. Cut into 1/2-inch cubes and place in a large bowl. Add celery, shallot and the dressing; toss to coat well. Serve at room temperature or chilled.

**SERVING INFO:** (Serves 8)

½ cup = 2 V, ½ FT