

Winter Greens Salad

Snowed Inn | December 2007/January 2008



The zesty Ginger Vinaigrette makes extra and can be chilled for up to three weeks.

PREP: 45 MINUTES BAKE: 1 HOUR COOL: 30 MINUTES OVEN: 375°

- 10 MEDIUM RED AND/OR GOLDEN BEETS
- 1 TBSP. OLIVE OIL
- SALT AND GROUND BLACK PEPPER
- ³/₄ CUP HULLED PUMPKIN SEEDS (PEPITAS) OR SLIVERED ALMONDS
- 1¹/₂-2 CUPS GINGER VINAIGRETTE
- 16 CUPS TORN MIXED GREENS (ROMAINE, GREEN AND RED LEAF LETTUCES, RADICCHIO, FRISÉE, AND ENDIVE)
- 3 TART APPLES, CORED AND SLICED
- 2 CUPS SHREDDED CARROTS*

Wash beets thoroughly. In a shallow baking pan toss beets with oil; sprinkle with salt and pepper. Roast, uncovered, in 375° oven for 1 hour or until tender. Cool about 30 minutes or until cool enough to handle. Remove skins. Slice into ¹/₄-inch rounds.

Meanwhile, in another baking pan, spread pumpkin seeds; sprinkle with salt. Roast, uncovered, 8 to 12 minutes or until golden, stirring once. Cool.

To serve, in a large bowl toss greens and apples with enough *Ginger Vinaigrette* (1¹/₂ cups) to coat lightly. Arrange on serving plates. Top with beets, pumpkin seeds, and carrots. Pass additional vinaigrette, if desired. Makes 12 servings.

*NOTE: To shred carrots, use a zester to make long, narrow strips.

GINGER VINAIGRETTE: In a blender combine ¹/₂ cup finely chopped fresh ginger, ¹/₂ cup chopped green onions, ¹/₂ cup chopped cilantro, ¹/₂ cup Dijon-style mustard, ¹/₂ cup rice vinegar or cider vinegar, ¹/₂ cup lemon juice, ¹/₃ cup chopped shallots, 3 tablespoons sugar, 2 tablespoons chopped parsley, and 1 tablespoon minced garlic (6 cloves). Cover and blend thoroughly. With blender running, gradually add 3 cups salad oil in a slow steady stream until completely smooth and creamy. Season to taste with salt and pepper. Cover and chill until served or for up to 3 weeks.

Per serving: 281 cal., 22 fat (3 g sat. fat), 0 mg chol., 197 mg sodium, 19 g carbo., 5 g fiber, 5 g pro.