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# F2S Romaine, Roasted Beet, and Chèvre Salad

(Serves 4, 1 cup each)

*Source: Dorrie Dunham, Director of Food Service The Orchard Cafe' WFL BOCES.*

## Ingredients:

- 1 head of Romaine lettuce, washed and chopped (about 8-10oz)
- 2 oz. Chèvre goat cheese, crumbled
- 2 roasted beets, diced
- 2 oz. bacon, crumbled
- 1 cup whole grain croutons (optional)

## Dressing

- 2 Tbsp. of fresh squeezed orange juice
- $\frac{3}{4}$  tsp. Dijon mustard
- 2 Tbsp. honey
- 2 Tbsp. oil-canola or olive oil
- 2 Tbsp. cider vinegar

**Directions:** Preheat oven to 375°F.

**To roast the beets:** Scrub beets to remove any dirt/debris. Trim off the tops and bottoms. If your beets are large, cut them in half. Line a baking pan or piece of foil with parchment paper. Add beets. Sprinkle with oil, salt, and pepper. Seal the foil. Roast for about an hour or until the beets are tender when poked with a fork. Using rubber gloves, rub the beets and the skins will slide off. Chill the beets then dice.

**To assemble the salad:** Start with your chopped romaine, add your diced beets, top with cheese crumbles and bacon, garnish with croutons. Serve with a side of citrus vinaigrette or a choice of dressing.

Nutrition Facts	
4 servings per container	
<b>Serving size</b>	<b>1 cup</b>
Amount per serving	
<b>Calories</b>	<b>270</b>
% Daily Value*	
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 400mg	<b>17%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 13g	
Includes 8g Added Sugars	<b>16%</b>
<b>Protein</b> 11g	
Vitamin D 0mcg	<b>0%</b>
Calcium 97mg	<b>8%</b>
Iron 3mg	<b>15%</b>
Potassium 622mg	<b>15%</b>
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	