

MARMALADE DRESSED BEET & KALE SALAD

Ingredients

2 Tablespoons Copper Pot
Wooden Spoon
Marmalade

1 Tablespoon Dijon
Mustard

¼ Cup Apple Cider
Vinegar

¼ teaspoon Salt

1/8 teaspoon ground Black
Pepper

1/3 Cup Grapeseed Oil

1 Tablespoon First Fresh
Extra Virgin Olive Oil

3 or 4 large Kale leaves

4 medium-sized Beets,
about 2 pounds

Directions

Oven 375F

Roast Beets whole in a covered dish with some Salt & Olive Oil until done, about 50-60 minutes.

Peel and chop into ½ inch dice and transfer into a small bowl.

Combine Marmalade, Mustard, Vinegar, Salt & Pepper with a whisk in a pouring jug until combined.

Add Oil in a thin steady stream whilst whisking and incorporate.

Pour dressing over Beets.

Wash and trim tough stems from Kale, then slice into strips about ½ inch wide.

Combine Kale and First Fresh EVO in a serving bowl before sprinkling over Beets.