



# Winter Citrus, Fennel and Beet Salad



## INGREDIENTS

3 large red beets  
2 tbsp Gustare Vita extra virgin olive oil, divided  
½ tsp kosher salt, divided  
½ tsp black pepper, coarse-ground, divided; plus additional for garnish  
2 Cara Cara oranges  
2 mandarin oranges  
1 lime  
½ cup fresh Cara Cara orange juice  
1 tbsp fresh lime juice  
2 tbsp Gustare Vita red wine vinegar  
1 cup Hy-Vee plain Greek yogurt  
2 tbsp fermented honey sauce with organic garlic, or Hy-Vee honey  
1 small head fennel, trimmed and thinly sliced; fronds reserved for garnish  
1 cup red pearl onions, peeled and halved  
2 cups baby kale, lightly packed

## PREPARATION

- 1** Preheat oven to 425°. Leave 1-inch of roots and stems on beets. Scrub well. Place beets on a large piece of heavy foil. Drizzle with 1 tablespoon olive oil; sprinkle with ¼ teaspoon salt and ¼ teaspoon pepper. Wrap tightly; place in a large rimmed baking pan.
- 2** Roast beets for 45 to 60 minutes or until tender. Cool slightly; rub off skins with paper towels. Remove and discard roots and stems. Cut beets into thin slices, then cut slices in half; set aside.
- 3** Peel Cara Cara, mandarin oranges, and lime. Slice oranges; cut segments from lime. Cover and refrigerate citrus fruit. For dressing, combine Cara Cara orange juice and lime juice. Whisk in remaining 1 tablespoon olive oil, vinegar, remaining ¼ teaspoon salt, and remaining ¼ teaspoon pepper.
- 4** To serve, combine yogurt and fermented honey in a small bowl. Spread mixture onto 4 serving plates. Top with beets, orange slices, lime segments, fennel, pearl onions, and kale. Spoon dressing over each salad. Garnish with fennel fronds and course ground pepper, if desired.

## NUTRITION FACTS

Calories: 280  
Total Fat: 7g  
Saturated Fat: 1g  
Trans Fat: 0g  
Cholesterol: 0mg

Sodium: 240mg  
Carbohydrates: 47g  
Fiber: 8g  
Sugar: 32g  
Protein: 10g