

# Winter Salad with Citrus, Avocado and Beets

## *Ingredients*

### **Salad**

4 medium beets, trimmed and scrubbed  
1 T olive oil  
1 head radicchio, torn  
1 head Boston lettuce, torn  
2 C arugula  
½ C parsley, coarsely chopped  
1 grapefruit, peeled and cut into wedges  
1 blood orange, peeled and cut into wedges  
2 avocado, pitted and cubed  
½ red onion, thinly sliced  
½ C slivered almonds, toasted

### **Dressing**

1 C freshly squeezed orange juice  
2 tablespoons sugar  
1 small shallot, minced  
1 C olive oil  
¼ C white wine vinegar  
salt and pepper, to taste

## *Directions*

1. Preheat the oven to 400
2. Lightly coat the beets with olive oil and season with salt and pepper. Roast the beets for 1 hour or until tender. Set aside to cool.
3. When the beets have cooked, remove the skins by rubbing them with a paper towel. Slice into beets into ½ inch wedges.
4. Make the dressing. Combine the orange juice and sugar in a small saucepan and bring to a boil over medium high heat. Cook, stirring frequently, until the liquid is reduced by half, remove from heat and allow to cool.
5. In a small mixing bowl combine the olive oil, shallots, salt, pepper, vinegar, and orange juice. Mix and set aside.
6. Combine the radicchio, lettuce, arugula, parsley, grapefruit, orange, avocados, beets, and onion. Toss to combine and top with almonds and serve with dressing.