**BEET IT WITH BEET VINAIGRETTE**

**DIRECTIONS**

1. Place red beets and golden beets in separate saucepans. Cover each with 1-1/2 cups orange juice. Bring to a boil; reduce heat and simmer 15 minutes or until beets are just tender. Drain, reserving ½ cup cooking liquid from each pan.

2. Cook farro according to package directions, using reserved golden beet cooking liquid plus 1/2 cup water. Remove from heat; let cool.

3. Meanwhile, mix the remaining salad ingredients, except the greens, in a large bowl. Stir in cooked beets and farro.

4. To make the dressing, mix the oil, reserved red beet cooking liquid, vinegar, mustard and shallots in a small food processor or blender. Process until smooth.

5. Spoon the farro-veggie mixture over the greens. Drizzle with the dressing and sprinkle with cheese and cranberries.

**Makes 8 (1-cup) servings**

**SALAD INGREDIENTS**
- 1 cup uncooked pearled farro
- 1 ½ cups peeled and chopped red beets
- 1 ½ cups peeled and chopped golden beets
- 3 cups orange juice
- 1 cup matchstick or shredded carrots
- 1 cup chopped bell pepper (red, yellow and/or orange)
- 1 cup chopped zucchini
- 1 ½ cups chopped escarole
- 8 cups mixed salad greens

**DRESSING INGREDIENTS**
- ½ cup extra-virgin olive oil
- ¼ cup red wine vinegar
- 2 Tbsp. Dijon mustard
- 1 Tbsp. shallots, minced

**TOPPER**
- ½ cup crumbled goat cheese
- ½ cup dried cranberries or fresh pomegranate arils

**RECIPE BY APPETITE FOR CHANGE YOUTH**

**CHEF COACH: BERTRAND WEBER, MINNEAPOLIS PUBLIC SCHOOLS CULINARY AND WELLNESS SERVICES**