



# Candied Beet Salad

Makes: 4-6 Servings

Prep Time: 20 minutes Cook Time: 40 minutes

Total Time: 1 hour

- 6 small to medium mixed color beets, quartered
- 3 tbsp olive oil, divided
- Kosher salt
- 1/2 cup raw pumpkin seeds (pepitas)
- 1/2 tsp smoked paprika
- 2 tbsp unsalted butter
- 1/4 cup pure maple syrup
- Zest and juice of 1 orange
- 1/4 tsp ground cinnamon
- 1/4 tsp cayenne
- 4 cups baby arugula
- 4 cups watercress
- 4 ounces crumbled blue cheese
- Seeds from 1/2 pomegranate
- 1/2 cup dried cranberries

## Balsamic Fig Vinaigrette:

- 1/3 cup extra-virgin olive oil
- 1/4 cup balsamic vinegar
- Juice of 1 lemon
- 1 tbsp fig preserves
- Kosher salt & freshly ground pepper

Preheat the oven to 400°F. On a rimmed baking sheet, toss the beets with 2 tablespoons olive oil and a good pinch of salt. Spread out the beets in an even layer. Roast for 30-35 minutes, or until tender.

Meanwhile, in a medium skillet, heat the remaining tablespoon of olive oil over medium. When it shimmers, add the pumpkin seeds and paprika. Toast the seeds for 3-5 minutes, until golden and fragrant. Remove from the heat and add a pinch of salt. Set the mixture aside on a plate to cool.

In a small saucepan, combine the butter, maple syrup, orange zest and juice, cinnamon, and cayenne. Bring to a boil and cook for 2 minutes, then remove the pan from the heat.

When the beets are tender, remove them from the oven, pour over the maple-butter sauce, and toss to coat. Roast for about 10 minutes more, until the beets are beginning to caramelize. Watch closely, because the sugar can burn fast. Let cool slightly.

In a large bowl, combine the arugula and watercress. Add the roasted beets and pumpkin seeds. Sprinkle with the blue cheese, pomegranate seeds, and cranberries.

In a small bowl, whisk together the olive oil, vinegar, lemon juice, fig preserves, and a pinch each of salt and pepper. Taste and adjust seasoning as needed.

Serve the salad with the vinaigrette alongside.

Recipe from Half Baked Harvest