



Roasted Beet & Grapefruit Salad with Horseradish Garlic Condiment

The dressing for this salad is so smooth keep leftovers for your next salad. Beets have folate, potassium and betacyanin (the red colour that may prevent cancer).

Ingredients

- 1 large bunch beets, (4-5 beets)
- 1 large grapefruit, preferably pink
- 1 tbsp **Horseradish Garlic Condiment**
- 2 tbsp Red Wine Vinegar
- 1 tbsp olive oil
- 1 tbsp honey
- ½ tsp salt
- ¼ cup thinly shredded fresh mint or chopped parsley



Directions

Preheat oven to 400°F (200°C). Trim tops from beets. Save for another use. Wash beets well, then wrap (unpeeled) individually in foil. Place on a rimmed baking sheet. Roast in centre of oven until fork-tender, 60-75 minutes.

Meanwhile, slice small pieces off top and bottom of grapefruit. Cut off and discard remaining peel, including white pith, so flesh is showing. Slice into rounds. In a large bowl, stir vinegar with **Horseradish Garlic Condiment**, oil, honey and salt. When beets are tender, remove from oven. Unwrap. When they're cool enough to handle, trim root ends and peel. Slice into rounds.

Add warm beets and grapefruit to vinegar mixture and toss to coat. Sprinkle with mint just before serving. Great warm or a room temperature.

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