



Roasted Beet and Carrot Salad

INGREDIENTS

- 1 pound carrots (organic)
- 1 pound beets (organic)
- 2 medium oranges, peeled and sectioned
- 1 bunch fresh mint leaves, chopped
- Sea salt
- 2 tablespoons olive oil, divided

INSTRUCTION

1. Preheat the oven to 350F.
2. Peel and cut carrots and beets into 1/3 inch thick pieces,
3. Toss vegetables with 1 tbsp olive oil and season with salt.
4. Roast for 45 minutes or until tender.
5. Take cooked vegetables out of the oven and let them cool for 10 minutes.
6. Combine carrots, beets, sliced oranges, squeezed orange juice, mint leaps, and remaining tbsp of olive oil into a bowl and toss gently.
7. Cover salad and put in the refrigerator to cool before serving.