

Food Babe's Roasted Beet & Carrot Salad



Prep Time:	Cook Time:	Total Time:	Serves:
10 mins	40 mins	50 mins	4

<https://foodbabe.com/roasted-beet-carrot-salad>

Ingredients:

- 4 beet roots, peeled and diced
- 6 large carrots, peeled and diced
- 1 tablespoon coconut oil
- 8 cups arugula
- ½ cup feta cheese

Dressing:

- ¼ teaspoon sea salt
- 1 teaspoon lemon zest
- 2 teaspoons raw honey (get local if possible)
- 1 tablespoon fresh lemon juice
- 1 ½ tablespoons extra virgin olive oil
- 1 pinch ground black pepper, to taste

Instructions:

1. Preheat oven to 400° F.
2. Combine coconut oil, beets and carrots together well and spread on a large baking dish.
3. Roast beets and carrots until tender (approximately 30-40 mins).
4. Meanwhile, combine all dressing ingredients together and stir well.
5. Toss arugula with dressing and top with roasted beets and carrots and feta cheese.
6. Serve immediately.

Notes:

- Please choose all organic ingredients if possible.