

SPINACH SALAD WITH GOLDEN BEETS, BLOOD ORANGES AND PAN TOASTED CHICK PEAS

INGREDIENTS

3 cups baby spinach, washed, dried and stems removed
4 small red beets, steamed, peeled and diced
1 blood oranges, peeled and slices removed
1/2 cup canned chick peas (garbanzo beans), drained, rinsed and patted dry
1 tablespoons olive oil, divided
1/2 teaspoon paprika
salt and pepper, to taste
handful of pomegranate seeds (optional)

for the vinaigrette

1/2 teaspoon Dijon mustard
1/2 teaspoon oregano, chopped finely
1/2 teaspoon thyme, chopped finely
juice from 1 blood orange
2 tablespoons extra virgin olive oil
salt and pepper, to taste

DIRECTIONS

First, toast the chick peas. In a small bowl, toss dried peas with salt, pepper and paprika. In a sauté pan over high heat, heat the olive oil to smoking. Add the chick peas and let toast in the pan until golden, stirring all the time. Remove to a paper towel lined plate and let cool.

Next, make your vinaigrette. In a small bowl, mix together mustard and chopped herbs. Whisk in the blood orange juice, olive oil and salt and pepper. Set aside.

In a large salad bowl, toss together baby spinach and diced beets. Dress with vinaigrette. Plate and add orange slices. Sprinkle with the toasted chick peas and pomegranate seeds (optional).