



Roasted Beet and Grapefruit Salad

Salad Ingredients:

4 medium-sized beets, peeled and cubed
 2 grapefruits, peeled and segmented
 4 cups arugula or mixed greens
 1/4 cup crumbled goat cheese or feta
 1/4 cup chopped walnuts or pecans
 Fresh mint leaves for garnish

Vinaigrette Ingredients:

1/4 cup extra-virgin olive oil
 2 tablespoons grapefruit juice
 1 tablespoon honey
 1 teaspoon Dijon mustard
 Salt and freshly ground black pepper to taste

Directions:

1. Preheat your oven to 400°F (200°C).
2. Toss the cubed beets with a drizzle of olive oil, salt, and pepper. Spread them out on a baking sheet and roast for 30–35 minutes, or until the beets are tender and slightly caramelized. Let them cool.
3. While the beets are roasting it is the perfect moment to savor a glass of your Rioja red.
4. And as the beets roast, prepare the grapefruits by removing the outer pith and membrane from the segments. Set aside.
5. In a small bowl, whisk together the olive oil, grapefruit juice, honey, Dijon mustard, salt, and black pepper to make the vinaigrette. Adjust the sweetness and acidity to your liking.
6. In a large salad bowl, arrange a bed of arugula or mixed greens.
7. Add the roasted beets and grapefruit segments on top of the greens.
8. Sprinkle the salad with crumbled goat cheese or feta and the chopped nuts.
9. Drizzle the grapefruit vinaigrette over the salad and gently toss to combine all the ingredients.
10. Garnish the salad with fresh mint leaves for a burst of color and flavor.

Pair these aged Rioja whites for elevated flavors:

Izadi Seleccion Blanco
 El Pacto de Alto Negrilla Blanco

Manzanos Blanco Fermentado en Barrica
 Martinez Lacuesta Tempranillo Blanco

