

# Avocado Beet & Goat Cheese Salad

[eatrealfoodacademy.com](http://eatrealfoodacademy.com)



## Ingredients:

3 large beets (about 1 1/2 lb.)  
1 teaspoon orange zest  
1/4 cup fresh orange juice, freshly squeezed  
2 tablespoons raspberry vinegar  
1 tablespoon maple syrup  
1/4 cup olive oil  
2 cups baby spinach  
2 small avocados, sliced  
1/2 (4-oz.) goat cheese log, crumbled  
1/3 cup thinly sliced red onion  
Freshly ground pepper to taste

## Preparation:

1. Trim beet stems to 1 inch; gently wash, and place in a large pot with water to cover. Bring to a boil over medium-high heat. Reduce heat to medium-low, and simmer 25 to 30 minutes or until tender. Remove beets from heat; drain, rinse, and cool completely (about 25 to 30 minutes). Peel and cut beets into eighths.
  2. Orange vinaigrette instructions: Whisk together orange zest and next 3 ingredients. Gradually add olive oil in a slow, steady stream, whisking until blended.
  3. Line a serving platter with spinach. Arrange beets and avocado slices in alternating rows (2 each) on top. Sprinkle with goat cheese, onion and freshly ground pepper to taste.
- Top with orange vinaigrette.