WELL AWARE



Shaved Beet and Carrot Salad with Citrus-Scallion Dressing

Source: Food and Wine

Ingredients

Dressing

- 3 medium scallions, roughly chopped (about 1/2 cup)
- 1/2cup extra-virgin olive oil
- 2 tablespoons mild honey
- 2 teaspoons Dijon mustard
- 1 teaspoon grated lemon zest plus 3 tablespoons fresh lemon juice (from 1 large lemon)
- 1/4 teaspoon kosher salt
- 1/8 teaspoon black pepper

Salad

- 1 (5-ounce) container baby arugula
- 2 medium carrots, peeled and shaved into thin strips using a vegetable peeler (about 2 cups)
- 2 small red beets, peeled, trimmed, and very thinly sliced (about 1 cup)
- 4 medium radishes, trimmed and very thinly sliced (about 1 cup)
- 2 medium clementines, peeled and sliced crosswise into 1/8-inch-thick rounds
- 1/3 cup roughly chopped unsalted almonds, toasted
- Flaky sea salt, for garnish

Directions

Make the dressing:

Pulse scallions, oil, honey, mustard, lemon zest and juice, salt, and pepper in a food processor until dressing is creamy and scallions are finely chopped, about 10 pulses, stopping to scrape down sides as needed. Transfer to a small bowl, and set aside.

Make the salad:

Arrange arugula on a large, wide salad platter. Layer with carrot strips, beets, radishes, and clementines. Scatter with almonds; drizzle with 1/3 cup dressing. Garnish with flaky sea salt. Serve salad alongside remaining dressing.

