

Beet, Carrot, and Cucumber Summer Salad



Recipe adapted from: [Beet, Carrot, and Cucumber Summer Salad Recipe](#)

- 1 bag mixed greens of choice
- 2 bunches of beets, roasted and thinly sliced
- 1 medium cucumber
- 1 large carrot
- 1/3 cup of goat cheese (or cheese of choice)
- *Dressing of choice is optional (recommend balsamic vinaigrette)

1. Cook and peel beets
 - a. Pre heat oven to 400 degrees Fahrenheit
 - b. Cut off leafy top to beets, rinse off, and wrap in aluminum foil
 - c. Roast on a baking sheet for 50-60 min
 - d. Let cool, then peel (should peel easily)
2. Slice beets, cucumbers, and carrots
3. Add sliced vegetables onto the mixed greens and sprinkle the cheese on top
4. Drizzle dressing on top if desired

