

Roasted Beet Salad with Feta Dressing

Jane's given you some very tasty sweet treats, so I thought I'd balance that with this incredibly delicious roasted beet salad. The extra step of roasting the beets brings out their inherent sweetness that's perfectly balanced with the tangy lemon dressing and salty feta.

1 tablespoon cumin seeds

4 red beets (about 2 pounds), peeled and cut into wedges

2 medium red onions, cut into wedges

1 teaspoon flakey sea salt, like Maldon

3 tablespoons extra-virgin olive oil

2 tablespoons fresh lemon juice

2 teaspoon honey

3/4 cup crumbled feta cheese (use block feta in water, use a fork to crumble it)

2 tablespoons plain full fat Greek yogurt

1/2 teaspoon grated lemon zest

Pepper (use pink peppercorns for fun!)

2 heads of Little Gem or baby romaine lettuce (about 10 ounces)

Finely chopped cilantro and mint, for garnish

Preheat your oven to 375 degrees. In a small skillet, toast the cumin seeds over low heat until fragrant, about 2 minutes. Set aside to cool for a few minutes.

Use a mortar and pestle to coarsely grind the cumin seeds. Transfer the crushed cumin seeds to a bowl and add the beets, onions, salt and olive oil. Use a spoon to toss ingredients until combined. Scoop the vegetables onto a rimmed baking sheet and roast for about 1 hour, stirring occasionally, until nice and tender. Let veggies cool to room temperature.

In a bowl, whisk the lemon juice together with the honey. In another bowl, gently mix the feta, yogurt and lemon zest together — don't over mix, though! You want it to be chunky. Season with pepper.

Arrange the lettuce on plates. Top with the beets and onions, drizzle the lemon honey on top and dollop the feta dressing on top. Give it another crack with your pepper grinder and garnish with cilantro and mint. Serve right away!