

# Chef Chino's Roasted Beet & Avocado Salad

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*Enjoy this tasty treat!*



## **Ingredients:**

4	Beets
4	Avocados
2 Tablespoons	Oil
½ cup	Water
	Salt & pepper to taste

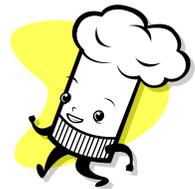
## **Directions:**

1. Preheat oven to 350 degrees
2. Scrub beets and trim tips
3. Mix 2 tablespoons of oil with salt and pepper to taste, rub the beets with oil
4. Place beets in a pan with ½ cup of water and cover with foil
5. Roast in oven for 2.5 hours
6. Pull and cool beets before peeling
7. Once peeled, slice in ½ inch thick slices then dice into cubes
8. Put aside

# Chef Chino's Dressing

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*Another great notion from Chef Chino*



## **Ingredients:**

1	Diced white onion
2 Tablespoons	Red wine vinegar
2 Tablespoons	Fresh lemon juice
1 Teaspoon	Honey
½ Cup	Vegetable oil

## **Directions:**

1. Using food processor or hand blender, add and mix first five ingredients together until smooth, then add oil until mixed thoroughly
2. Take cool diced beets and dressing and mix together
3. Take avocados and cut in half
4. Peel skin off and dice the avocado into ¼ inch chunks
5. Gently fold into the rest of the mix
6. Chill and serve