

Roasted Beet Salad with oranges & queso fresco

This salad is bright colors and flavors with sweet beets playing off tangy lime & orange

4 beets (2 ½ “ with root ends and stem ends intact) preferably different colors.

5 Tbsp. Extra virgin olive oil divided

Coarse Kosher salt or Sea Salt

4 medium oranges

2 limes

2 tbsp. finely chopped shallots

2 tbsp red wine vinegar

Fresh ground black pepper

6 cups arugula

½ cup fresh cilantro leaves

4 to 6 oz queso fresco crumbled

Preheat oven to 375. Scrub beets, pat dry, rub with 1 tsp olive oil & sprinkle with salt. Put beets on a foil lined baking sheet and bake until tender when pierced, about 1 hr .Refrigerate uncovered until cool enough to handle. About 30 minutes. Cut off root and stems, then rub beets with paper towels to remove skin; discard skin.

Cut beets in half lengthwise, then slice into half moons about ¼ inch thick; set aside.

Cut ends off oranges, then cut away peel, and outer membrane in wide stripes, following curve of the fruit with knife.

Discard peel. Working over bowl to catch juices, cut oranges between inner membranes and fruit to release segments into bowls and discard membranes. Finely zest limes into another bowl. Juice limes and add juices to zest. Add shallots, vinegar and juice from oranges. Whisking constantly. Slowly drizzle remaining 4 tbsp. Olive oil into bowl. Add beets, toss to coat, and season to taste with salt and pepper. Cover bowl airtight and let stand at room temp. at least 15 min. and up to 3 hrs.

Arrange arugula on platter. Sprinkle with cilantro leaves. Pour beets and dressing over arugula and scatter orange segments and cheese. This salad is to die for. Enjoy

Fish & Collard Greens

10	large collard green leaves
1	cup water
1/4	cup butter or margarine
2	medium onions, sliced
1	medium green bell pepper, sliced
2	tablespoons water
1	teaspoon salt
	1 pound fish fillets (catfish, tilapia, red snapper)
1/2	teaspoon salt
1/2	teaspoon paprika
1/4	teaspoon pepper

1. Wash collard green leaves. Cut off long stem at the base of each leaf; carefully shave the remaining thick stem. Chop leaves. In 2-quart saucepan, heat 1 cup water to boiling. Add chopped collard greens. Boil 15 to 18 minutes or until softened; drain. Pat dry with paper towels.
2. In 4-quart Dutch oven, melt butter over medium-high heat. Cook collard greens, onions, bell pepper, 2 tablespoons water and 1 teaspoon salt in butter 4 to 6 minutes, stirring occasionally, until onion is crisp-tender.
3. Cut fish into 3x3/4-inch strips; add to vegetables. Sprinkle with 1/2 teaspoon salt, the paprika and pepper. Cover and simmer 6 to 8 minutes or until fish flakes easily with fork. Serve in large pasta bowls.