



Recipe from [The Farmers Market Season 3](#) • Holly Springs, NC

ROASTED BEET & CARROT SALAD

Serves 2 – 4

This recipe provided by:

Ed Brantley, *GourmEd's Catering*

www.gourmedscatering.com

Cooking Demonstration- June 20, 2009

INGREDIENTS

1 large or 5 small beets/ roasted, peeled, & cut into chunks
1 medium or 2 small carrots/ peeled, roasted, & cut into chunks
2 tblsp. [Humbug Farm](#) goat cheese
1 tblsp. [Wake County Beekeepers](#) honey
2 tsp. extra virgin olive oil (evoo)
2 tsp. chopped oregano
juice of half lemon
sea salt & cracked black pepper to taste (s&p)

DIRECTIONS

Mix together beets, carrots, 1 tsp. oregano, s&p, and lemon juice. Serve on plate or platter. Top with goat cheese. Drizzle with honey and sprinkle over with remaining oregano.

Make this at home today! See [The Farmers Market Shopping List](#) on reverse.



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Please visit the following vendors at **The Farmers Market** who provided items for today's cooking demonstration:

SHOPPING LIST

Honeycutt Farm- 1 large or 5 small beets

AJC Farm- 1 medium or 2 small carrots

Humbug Farm- 2 tblsp. Humbug Farm goat cheese

Wake County Beekeepers- 1 tblsp. honey

Pipa's Farm- 2 tsp. oregano

Other Ingredients Needed:

2 tsp. extra virgin olive oil

Juice of half lemon

Sea salt & cracked black pepper to taste

www.HSFarmersMarket.com

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