

Mixed Greens Salad with Blue Cheese and Pumpkin Brittle

Ingredients

Pumpkin Brittle

- 1 c of sugar
- ½ tsp cayenne pepper
- 1 tsp salt
- 4 ounces of raw pumpkin seeds
- 1 egg white

Salad

- 6 cups of Mixed baby greens – ex: Spring Mix + Arugula,
- 1 pkg of Trader Joe's steamed baby beets – cut into pieces
- 1 cup of crumbled Blue Cheese
- 1 T minced fresh chives

Vinaigrette

- 1 tsp sugar
- ¼c sherry vinegar
- 1 shallot, minced
- 1 tsp fresh thyme leaves, or ½ tsp dried
- ¼c avocado oil
- 2 T walnut oil
- 2 T olive oil
- Salt and pepper to taste

Directions

For the Brittle:

- Preheat oven to 375 and line a baking sheet with parchment paper or silicone mat
- Mix sugar, cayenne, salt and pumpkins seeds together in a medium bowl. Set aside
- Whisk the egg white in small mixing bowl until foamy but not stiff and fold into the pumpkin seed mixture.
- Spread the brittle mixture thinly and evenly on the baking sheet. Bake until brittle is completely golden brown 18-25 minutes. Remove from oven and set aside until cool. Once cooled, break the brittle into small pieces to top the salad.

For the Vinaigrette:

- Whisk the sugar and sherry vinegar together until dissolved. Add shallots and thyme. Whisk in oils. Season with salt and pepper

Assemble the Salad:

- Put the greens and beets into bowl and toss with vinaigrette. Top with blue cheese, crumbled pumpkin brittle and chives.