

Long Livo

Harvest Salad with Lemon Thyme Dressing

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 large carrots, peeled and sliced into thin ribbons
- [ ] 2 medium beets, roasted and sliced
- [ ] 4 cups fresh arugula, washed and dried
- [ ] 1/2 cup toasted pumpkin seeds

Lemon Thyme Dressing

- [ ] 1/4 cup extra-virgin olive oil
- [ ] 2 tbsp freshly squeezed lemon juice
- [ ] 1 tsp fresh thyme leaves, minced
- [ ] 1 tsp honey (or maple syrup for vegan)
- [ ] 1 tsp apple cider vinegar
- [ ] Salt and freshly cracked black pepper to taste

Instructions

1. Preheat the oven to 400°F (200°C). Wrap the beets in foil and roast for 45-50 minutes, or until tender. Let them cool, then peel and slice.
2. While the beets roast, use a peeler to create thin ribbons from the carrots; set aside.
3. In a small bowl, whisk together olive oil, lemon juice, thyme, honey, apple cider vinegar, salt, and pepper. Let the dressing rest for 5 minutes.
4. In a large salad bowl, combine the carrot ribbons, sliced beets, and arugula. Drizzle the lemon-thyme dressing over the vegetables and toss gently.
5. Sprinkle toasted pumpkin seeds on top for a pleasant crunch. Serve immediately, or let sit at room temperature for ten minutes to let flavors meld.

Nutrition per serving

250 kcal	6 g	22 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter profile, add a touch more honey.
- For a heartier version, include roasted sweet potatoes or quinoa.
- A quick side like caprese salad pairs nicely.