

Beet-Orange Salad with Crispy Goat Cheese Rounds (Gluten-Free)

A deliciously vibrant salad that I found when shopping for gluten-free recipes for patients. It is very Moroccan-inspired, and a beautiful addition to your main course. - Misty

Salad:

- ¼ cup bread crumbs (Gluten free bread put into a chopper, our choice is one using Sorghum flour)
- Salt and freshly ground black pepper
- 1 large egg
- 4 rounds goat cheese, about 2 oz each, chilled
- 1 head butter lettuce, leaves separated
- 1 (16 oz) can sliced red beets, drained
- 3 navel oranges, peeled and sliced crosswise into rounds
- 1 small shallot, minced
- 1 tablespoon coarsely chopped fresh cilantro
- 2 tablespoons olive oil

Citrus Vinaigrette

- 2 tablespoons fresh orange juice
- 1 tablespoon fresh lemon juice
- 1 teaspoon grated orange zest
- 1 teaspoon grated lemon zest
- 1 teaspoon dry mustard
- 1 tablespoon extra-virgin olive oil
- 1/8 teaspoon xanthan gum (a thickening agent, you can substitute a little egg yolk or dijon mustard for a similar effect given that xanthan gum isn't in everyone's kitchen cabinet)

Preparation:

Make the salad: In a small, shallow bowl, mix the bread crumbs with the salt and pepper to taste. In a separate bowl, beat the egg until blended. Dip each cheese round in the egg, and then in the bread crumbs, patting them in place. Cover and refrigerate for about 15 min.

Arrange the lettuce leaves on a large platter or 4 individual salad plates. Arrange the beets, oranges, and shallot in the bowls formed by the lettuce. Sprinkle the cilantro.

Heat the oil in a large nonstick skillet over medium-high heat. Add the cheese rounds and fry until lightly browned, about 45 secs. Turn them over and cook on the other side until the cheese feels quivery, about 45 secs longer. Arrange the cheese rounds on salad.

Make the vinaigrette in a blender until slightly thickened then drizzle on salad, and serve.