Sumptuous Spring Greens Salad

One of my favorite things about spring is the abundance of farmer’s market produce. This salad combines the freshest, most flavorful picks in one delicious bowl.

- 2 to 3 medium beets, red or golden
- 1 bunch young dandelion greens or watercress leaves, chopped
- ½ head radicchio, thinly sliced
- 2 Persian cucumbers, thinly sliced
- 6 radishes, thinly sliced
- 1 Granny Smith apple, quartered, cored, thinly sliced
- 1 medium ripe avocado, peeled and diced
- 2 tablespoons extra-virgin olive oil or flax seed oil
- 2 tablespoons lemon juice
- Sea salt and freshly ground pepper to taste

1. Cut beets into quarters. Place in a steamer basket over 2 inches of water in a large pot set over high heat. Cover and steam until tender but firm, about 12 minutes.
2. When the beets are cool enough to handle, peel and dice them.
3. Combine the avocado, oil, lemon juice, salt and pepper together in a small mixing bowl.
4. In a separate serving bowl, mix beets with all the remaining ingredients.
5. Toss together with the dressing mixture. Serve at once.