



# Thanksgiving Burrata and Roasted Beet Salad with Maple-Glazed Carrots

## Introduction

Thanksgiving is a time for family, friends, and food. As the autumn leaves paint the world in shades of red and gold, it's the perfect season to indulge in dishes that celebrate the bounty of harvest. Among the myriad of delectable options, a uniquely festive addition to your Thanksgiving table can be the Burrata and Roasted Beet Salad with Maple-Glazed Carrots. This salad is not only a feast for the eyes with its brilliant colors, but it also boasts a delightful combination of flavors and textures that are sure to please your guests. The creaminess of fresh burrata, the earthiness of roasted beets, and the sweetness of maple-

glazed carrots come together in a harmonious blend, making this salad an irresistible choice for your holiday meal.

Let's dive into this delightful recipe that is easy to prepare and incredibly rewarding to serve.

## Detailed Ingredients

Fresh burrata cheese

Roasted beets, sliced

4 large carrots, peeled and cut into sticks

Mixed greens (arugula, spinach, or baby kale)

1/4 cup walnuts, toasted and chopped

1/4 cup pomegranate seeds

## Prep Time

20 minutes

## Cook Time, Total Time, Yield

Cook Time: 50 minutes

Total Time: 1 hour 10 minutes

Yield: 4-6 servings

## Detailed Directions and Instructions

## STEP 1: ROAST THE BEETS

Preheat the oven to 400°F (200°C). Wrap the whole beets in foil, ensuring they are well sealed to retain moisture. Roast them in the preheated oven for 40-50 minutes or until they can be easily pierced with a fork. Once roasted, allow them to cool slightly before peeling off the skin and slicing them into rounds. The sweetness of the roasted beets provides a delicious foundation for your salad.

See also Fluffy Homemade Pancakes Recipe

## STEP 2: PREPARE MAPLE-GLAZED CARROTS

Next, preheat your oven to 375°F (190°C). In a mixing bowl, combine olive oil, pure maple syrup, balsamic vinegar, salt, and pepper. Whisk until thoroughly combined. Toss the carrot sticks in this mixture, ensuring they are well coated with the glaze. Arrange the coated carrot sticks in a single layer on a baking sheet. Roast in the oven for 25-30 minutes, stirring halfway through, until the carrots are tender and caramelized, showcasing their natural sweetness enhanced by the maple glaze.

## STEP 3: MAKE THE DRESSING

In a small bowl, whisk together extra virgin olive oil, apple cider vinegar, Dijon mustard, honey, salt, and pepper. Combine these ingredients until they emulsify into a smooth dressing. This dressing provides a tangy complement to the rich flavors of the burrata and beets.

## STEP 4: ASSEMBLE THE SALAD

On a large serving platter, start by arranging a bed of mixed greens—arugula, spinach, or baby kale work wonderfully. Layer the

slices of roasted beets and the maple-glazed carrots on top. Nestle the fresh burrata cheese into the center of the salad, allowing it to act as the star of the dish. Finally, add a sprinkle of toasted walnuts and pomegranate seeds for added crunch and color.

### STEP 5: DRESS AND SERVE

Drizzle the homemade dressing over the assembled salad just before serving to retain the freshness of the ingredients. Serve immediately to ensure that the burrata remains creamy and luscious, and enjoy the delightful combination of flavors and textures.

### Notes

- If you're unable to find burrata cheese, fresh mozzarella can be used as a substitute, but the creaminess of burrata is highly recommended.
- Feel free to customize the mixed greens according to your preference or what you have on hand.
- The salad can be assembled ahead of time, but add the pomegranate seeds and dressing only right before serving for optimal freshness.

See also Fried Cinnamon Apple Rings

### Cook Techniques

- Roasting: Roasting beets and carrots enhances their natural sweetness and deepens their flavor. Ensure they are roasted correctly for the best results.
- Emulsifying: Whisking together oil and vinegar creates a stable dressing that can coat the salad evenly. This technique is vital for achieving a balanced flavor.

## FAQ

### **Can this salad be prepared in advance?**

Yes, the roasted beets and maple-glazed carrots can be prepared a day in advance. Assemble the salad just before serving to keep the greens fresh and crisp.

### **What can I substitute for pomegranate seeds?**

If pomegranate seeds are not available, diced apples or cranberries can offer a similar burst of sweetness and color.

### **How can I make this salad vegetarian or vegan?**

To make it vegan, substitute the burrata cheese with a plant-based cheese alternative and use maple syrup in the dressing without honey.

## Conclusion

This Thanksgiving Burrata and Roasted Beet Salad with Maple-Glazed Carrots is more than just a side dish—it's a vibrant celebration of flavors and textures that epitomize the essence of the holiday season. With its stunning visual appeal and deliciously balanced taste, it's bound to become a staple at your Thanksgiving table. Not only does it offer a light and refreshing complement to heavier dishes, but it also provides a palette of colors that is sure to impress your guests.

As you prepare to gather with friends and family this Thanksgiving, consider adding this delightful salad to your feast. It captures the warmth and abundance of the season and is a beautiful reminder of all the flavors nature has to offer.

See also Chocolate Bar Cake

### **More recipes suggestions and combination**

#### **1. Roasted Sweet Potato and Quinoa Salad**

A hearty salad that combines the sweetness of roasted sweet potatoes with nutritious quinoa, topped with feta cheese and a lemon vinaigrette.

#### **2. Brussels Sprouts and Cranberry Salad**

A vibrant mix of shredded Brussels sprouts, dried cranberries, almonds, and a tangy citrus dressing for a refreshing and crunchy experience.

#### **3. Autumn Harvest Grain Bowl**

A warm grain bowl featuring roasted seasonal vegetables, grains like farro or barley, and a delicious tahini dressing.

#### **4. Apple and Cheddar Salad with Maple Vinaigrette**

Crisp apples paired with sharp cheddar cheese on a bed of mixed greens, drizzled with a maple vinaigrette for a sweet and savory flavor.

#### **5. Pumpkin and Chickpea Salad**

This salad offers a mix of roasted pumpkin, chickpeas, and a garlic tahini dressing, delivering protein and hearty fall flavors.

Incorporate these recipes alongside your Burrata and Roasted Beet Salad for a Thanksgiving meal that is both festive and memorable!