**Fall Salad with Beets, Pancetta, Goat cheese and a Lemon Oil tossed with Mixed Greens**  

**Serves 1**

**Ingredients:**
- 3 oz or 1 bunch [Duke Farm](#) Mixed Greens
- 1 each [Duke Farm](#) Beets Red, Candy and Golden
- 1 oz Pancetta
- ½ oz Goat Cheese
- 1 oz Extra Virgin Olive Oil
- 1 oz Lemon Juice

**Directions:**
Take pancetta and slice thin with slicer, place on lined sheet tray and bake crisp, then chop roughly. Roast and peel beets and then medium dice. Combine olive oil with lemon juice and mix to emulsify. Take greens and wash thoroughly, drain and place in bowl with beets, and goat cheese. Toss to combine and add in lemon oil.

**Nutrition Info:**
Calories: 500, Protein 16 grams, Carbs.29 grams, Fat 37 grams and Fiber is 6 grams
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Fun Facts:

“An article in an old, old Harper’s Bazaar says that beets are good for tightening up that sagging skin and those bulbous bags under the eyes. The explanation has to do with the beet’s content of manganese, a trace mineral said to produce collagen, which tightens everything up nicely.” — The Great Food Alamanc. Chalmers, L. Collins Publishers San Francisco, 1994.

They are high in folate and a good source of fiber. Beets also turn the urine red, nothing to worry about though.