

Roasted Beet and Kale Salad with Toasted Walnuts

Adapted from TheEndlessMeal.com

Makes 4 Servings

Ingredients

For the salad:

- 1.5 lbs beets, peeled and quartered
(or cut into bite sized pieces if you're using large beets)
- 1 teaspoon extra virgin olive oil
- 2 oz walnut halves
- 4 packed cups of curly kale, washed and torn into bite sized pieces
- 2 oz goat cheese
(a diced avocado makes a great vegan alternative)

For the dressing:

- 3 tablespoons apple cider vinegar
- 1 tablespoon honey
- 1 teaspoon balsamic vinegar
- ½ teaspoon Dijon mustard
- 1 garlic clove, very finely minced
- A pinch of sea salt
- Freshly cracked black pepper
- ¼ cup extra virgin olive oil



Directions

1. Preheat the oven to 425°F. Line a baking sheet with parchment paper.
2. Place the beets on the prepared baking sheet and drizzle the oil over top. Use your hands to toss them in the oil. Roast in the oven for 30-40 minutes, or until they are tender and starting to caramelize.
3. While the beets are roasting, prepare the rest of the salad.
4. Add the walnut halves to a small skillet over medium high heat. Let them cook until they are fragrant and start to brown in places, shaking the pan frequently.
5. To make the dressing, combine all the ingredients EXCEPT the oil in a medium sized bowl. Slowly add the oil in a thin steady stream while whisking the dressing constantly. If the oil starts to build up at all stop pouring it and whisk the dressing vigorously. It will take you about 1 minute to whisk in the oil. Taste the dressing and season it with extra salt, to taste. This makes double what you will need for the salad.
6. Put the kale in a large bowl, pour half the dressing over top and toss well. Let sit for 30 minutes to an hour or massage dressing into kale.
7. When serving, top kale with roasted beets, toasted walnuts and goat cheese.

Nutrition Information per Serving: 290 Calories, 20g fat, 4g saturated, 10mg cholesterol, 160mg sodium, 24g carbohydrates, 5g fiber, 8g protein