

Roasted Beet and Vegetable Salad

Recipe by: Chef Todd Seyfarth, RD, CSSD

Yield: 4 portions

Ingredients:

2 large yellow/golden beet, roasted in the skin until fork tender (see steps 1-10)

2 large red beet, roasted in the skin until fork tender (see steps 1-10)

Olive oil (enough to gently coat beets)

2 tablespoons freshly squeezed lemon juice (reserve zest for later)

¼ cup and 1 tablespoon (split portions) extra virgin olive oil

Salt and pepper, to taste

2 cups baby arugula salad mix

½ cup asparagus, steamed or grilled, then chilled and chopped

¼ cup red onion, sliced thin (julienne or matchstick cut)

¼ cup pine nuts, toasted

¼ cup Granny Smith apple, skin on, chopped or sliced

¼ cup blue cheese, crumbled

Method of preparation:

1. Set oven rack in middle of oven. Preheat oven to 350 degrees.
2. Wash and scrub the whole beets to clean off any dirt. Leave the beet whole unless you have some extra large ones (if extra-large, cut in half). Trim off the stems (leafy tops) and ends of the beets.
3. Line a large baking sheet with aluminum foil.
4. Place prepared beets, in a single layer, on top.
5. Toss lightly with some olive oil to coat the beets.
6. Place another large sheet of aluminum foil on top of the beets and crunch up the sides of the aluminum foil together to seal.
7. Place in oven and roast for one hour or until tender and easily pierced with the tip of a paring knife.
8. Remove from oven and take off the top foil. Set aside to cool enough to handle.
9. When cool enough to handle, peel the skin off with the paring knife.
10. Once your beets are cool to the touch, carefully remove the skin and slice each beet into 4-8 pieces.
11. Add to a bowl and toss in the lemon juice and the ¼ cup of olive oil and season to taste. (*note: to preserve the color of the yellow beets, you may prefer to do each variety of beets in its own bowl.)
12. In a new bowl, toss all the remaining ingredients, except for the cheese, dress with the remaining 1 tablespoon of olive oil and season with salt and pepper. Toss to combine.
13. To plate, add the arugula salad to the plate, gently top with the beet salad(s) and garnish with a small crumble of blue cheese.

Nutritional analysis (per serving):

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| Calories: | 135 | Carbohydrates: | 10 g | Folate: | 91 mcg |
| Total Fat: | 25 g | Fiber: | 2 g | Calcium: | 80 mg |
| Saturated Fat: | 4 g | Cholesterol: | 6 mg | Iron: | 1 mg |
| Protein: | 5 g | Vitamin B-12: | 0 mcg | Sodium: | 454 mg |