Roasted Beet & Kale Salad

6 servings

Prep Time: 20 min  Cook Time: 40 min

3 whole beets
1/2 t. olive oil
3/4 c. walnut halves
1/2 t. sea salt
1/4 t. freshly ground pepper
6 c. packed kale, washed & torn into bite sized pieces
1/4 c. apple cider vinegar
1/4 c. pure maple syrup
1/2 T. balsamic vinegar
1/2 T. Dijon mustard
1 garlic clove, finely minced
1/4 t. kosher salt
1/3 c. olive oil

Preheat the oven to 425 degrees. Line a baking sheet with parchment paper. Place the beets on the prepared baking sheet and drizzle the oil over top. Use your hands to toss them in the oil. Cover the baking sheet with aluminum foil and bake in the oven for 30-40 minutes, or until they can be pierced using some pressure with a fork.

Combine apple cider vinegar, maple syrup, balsamic vinegar, mustard, garlic, and salt in a large jar. Shake to combine. Add ½ the oil and shake vigorously. Add the remaining oil and shake vigorously. Taste the dressing and season it with extra salt, if desired.

Add the walnut halves to a small frying pan over medium high heat. Let them cook until they are fragrant and start to brown in places, shaking the pan frequently. Remove the walnuts from the pan and place them on a piece of parchment paper to cool.

When the beets come out of the oven, let cool slightly, then peel and cut into bit-sized pieces. Put the kale, walnuts, and beets in a large bowl. Pour the dressing over top and toss until well coated.

Nutrition Facts per serving

Calories 294, Protein 6 g, Carbohydrate 22 g, Total Fat 23 g, Saturated Fat 3 g, Fiber 5 g, Sugar 13 g, Sodium 328 mg

This recipe is provided by Eat Well, a healthy restaurant initiative supported by PartnerSHIP 4 Health in Otter Tail County. This recipe meets national nutrition standards for healthy eating.