

Roasted Beet & Kale Salad



6 servings

Prep Time: 20 min Cook Time: 40 min

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

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.