

Roasted Beet, Pear, Walnut and Goat Cheese Salad

Ingredients

- 1 pound beets (golden, red or combination)
- 1/2 cup thinly sliced red onion
- 1 large pear, cored and sliced
- 3 cups Arugula or mixed salad greens
- 4 Tbsp. chopped walnuts, toasted
- 1/4 cup crumbled low-fat goat cheese

Dressing

- 1 Tbsp. orange juice
- 2 Tbsp. sherry or champagne vinegar
- 1 Tbsp. olive oil
- 1 tsp. Dijon mustard
- 1 tsp. honey
- 1 Tbsp. minced shallots
- 1/4 tsp. salt
- Freshly ground pepper



Nutrition Facts

Yield 6 servings

Amount Per Serving

Calories 142

Calories from fat: 62 (43%)

Total Fat 7g

Saturated Fat 1g

Cholesterol 2mg

Sodium 187mg

Total Carbohydrates 17g

Dietary Fiber 4g

Protein 4g

Preparation

1. Prepare dressing by combining all ingredients in a jar. Shake vigorously or whisk together in a bowl.
2. Preheat oven to 400 degrees F. Trim beet greens, leaving root and an inch of stem; scrub beets with vegetable brush.
3. Place beets on pan coated with cooking spray. Roast beets for 45 minutes or until tender; when cool, rub off skins and trim root and stem.
4. Slice beets into bite-size pieces; drizzle with a tablespoon of vinaigrette and toss to coat.
5. Divide Arugula on six salad plates; top each with beets, pears, onion, cheese and nuts; drizzle with remaining salad dressing.

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