

Roasted Beet Dinner Salad



The rich loamy tones of roasted beets and buttery avocado join forces with fresh, crisp greens, thin-sliced apple and toasted walnuts in a powerhouse dinner salad. Top it with a fresh honey/mustard dressing. An artisan roll accompanies this dinner salad feast.

You may already have roasted beets in the fridge from Sunday. If not, plan on roasting beets today. Wear some latex gloves as you handle the cooked beets or people will be asking if you've injured your red stained hands.

Preparation time: 40 minutes (after beets are roasted) - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients on small plates or in bowls. Dinner salads are particularly easy to assemble when you're well organized.

Roasted Beet Salad

2 medium-sized roasted beets (peeled and sliced)
4-6 washed leaves of red or green lettuce
baby spinach or other mixed greens you have
1-1/2 C. cucumber (chopped)
2/3 C. red bell pepper (thin-sliced)
2/3 C. fresh fennel bulb (thin-sliced)
1 tart apple (cut into "matchsticks")

1/2 of an avocado (chopped)

Garnish and Finish:

8 walnut halves (toasted)
8 cherry tomatoes (halved)
2 tsp. crumbled feta cheese
2 artisan rolls or thick slices of buttered toast

Chicken or Plant-based Choice

1 tsp. olive oil
1 boneless, skinless chicken breast
1/2 C. white wine
or
4 Chickenless tenders

Honey/Mustard Dressing

1 clove of garlic (peeled)
2 T. chopped onion
3 tsp. prepared mustard
Pinch of salt
3 tsp. honey
1/4 C. extra-virgin olive oil
2 T. rice wine vinegar
1/3 C. low-sodium vegetable broth

Preheat oven to
375°

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Once beets are roasted you're ready to rock and roll. *

I will often toast walnuts while I'm baking tenders. Just set the walnut halves in the oven with the tenders for the final 5 minutes of cooking. Use the warm oven for heating the rolls.

Chicken or Plant-based Choice

Chicken:

Brown chicken breast in oil and then add 1/2 C. white wine to pan. Reduce heat to medium-low, cover and cook 5 minutes per side. Remove from heat. Season with a little salt and pepper. When cool enough to handle, thin slice.

Plant-based Choice:

Cook 4 chickenless tenders in preheated oven or toaster oven for 15 minutes. Turn after 8 minutes. Let cool and thin slice.

Roasted Beet Salad and Bread

1. Remove roasted beets from fridge or wait until freshly roasted beets are cool enough to handle. Peel and slice beets and set aside.
2. Create a bed of washed lettuce, spinach and/or mixed greens on large serving plates.
3. Divide vegetables evenly over top of the greens.
4. Divide apples and chopped avocado between salads.
5. Divide sliced chicken or tenders between salads.
6. Arrange beets, walnut pieces and tomatoes over top.
7. Garnish with feta.
8. Warm rolls or make toast.

Honey/Mustard Dressing and Plate

Salad Dressing:

Blend all dressing ingredients in a food processor until smooth. Pour into a serving pitcher.

Plate the Meal:

Assemble salad as indicated above and place on table with the pitcher of dressing. Allow diners to dress their own salads. Serve with warm rolls or toast on the side.

What I've Learned from this Recipe

* When roasting beets, I will often put a small container of water in the dish with the beets. The container of water slowly evaporates and keeps a fair amount of moisture in the baking dish during the roasting process.

Let us know what you think, and ask any questions you have! chezdon@plate6.com