

RECIPE

Mixed Greens, Berries and Roasted Beet Salad with Honey Lime Vinaigrette

4 servings

Ingredients

1 red beet with greens attached,
(2 cups beet greens for salad)
1 teaspoon canola oil
4 cups arugula lettuce leaf
2 cups baby kale
1 cup cooked red quinoa
1 cup fresh blackberries
1 cup fresh raspberries
1 avocado, quartered

For the Vinaigrette:

1 teaspoon honey
1 tablespoon fresh lime juice (about 1 lime)
2 1/2 tablespoon extra virgin olive oil

Directions

1. Preheat oven to 350F. Trim the greens from the beets. Reserve them and set aside. Rub the outside of the beet with oil and roast the beet skin on for 30- 45 minutes.
2. Remove from the oven and allow to cool until cool enough to handle. Peel the skin and slice. Set aside.
3. Remove the stem from the beet greens. Wash the greens thoroughly and pat dry with a towel. Tear or chop into bite sized pieces.
4. Mix the arugula, beet greens and the baby kale together and place in large bowl.
5. Wash and pat dry the berries. Set aside.
6. **For the vinaigrette:** Mix the olive oil, lime juice and honey together in a small bowl for a light vinaigrette.
7. **To build the salad:** Place 2 cups of the mixed greens in each salad bowl. Top each with 1/4 cup quinoa, 1/4 of the beet slices, 1/2 cup berries and 1/4 of the avocado, drizzle each salad with 1 Tbsp. vinaigrette.

CALORIES	FAT	SAT FAT	CARBS	PROTEIN	FIBER	SODIUM
281	19	3	27	6	9	57