Roasted Beet Salad

Ingredients:

- 4 medium beets, trimmed
- 1/3 cup walnuts, chopped
- 3 tablespoons honey
- 1 package (10 ounces) mixed salad baby greens
- 1/2 cup frozen orange juice concentrate
- 1/4 cup balsamic vinegar
- 1/2 cup extra-virgin olive oil
- 2 ounces feta cheese

Directions

1. Preheat oven to 375°F. Coat beets lightly in olive oil. Wrap beets in aluminum foil, place on baking sheet, and roast in oven for 45 – 60 minutes or until crisp tender. Remove from oven and uncover. Let cool for 10 minutes; peel and roughly chop.
2. While beets are cooking, place walnuts in skillet over medium-low heat. Heat until warm and starting to toast, then stir in maple syrup. Cook and stir until evenly coated, then remove from heat and set aside to cool.
3. Dressing: in small bowl, whisk together orange juice concentrate, balsamic vinegar, and olive oil.
4. Place a large helping of baby greens onto each salad plate; divide candied walnuts equally, and sprinkle over greens. Place equal amounts of beets over greens, and top with a sprinkle of feta cheese. Drizzle each plate with some dressing.

Nutrition Facts

Serving Size (108g)
Servings Per Container 6

Amount Per Serving

Calories 120	Calories from Fat 50
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 160mg	**7%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 2g	**8%**
Sugars 12g	
Protein 4g	

Vitamin A 60%	• Vitamin C 30%
Calcium 10%	• Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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Source: allrecipes.com