

The Farm at St. Joe's

Kale Salad with Roasted Beets

Ingredients:

1 bunch kale
3 beets (medium size)
2 Tablespoons olive oil
4 Tablespoons balsamic vinegar
1 teaspoon brown mustard
2 Tablespoons honey
3 Tablespoons orange juice
Salt and pepper to taste
Chopped nuts and sliced fruit
(optional)



Directions

- 1) Preheat oven to 375°F. Wash beets, drizzle with oil, wrap in aluminum foil, and bake until you can easily pierce with a fork (25 minutes or longer). Allow to cool, and then peel and chop to desired size.
- 2) Remove stems from kale, tear or chop into very small pieces. Place in a large bowl.
- 3) Drizzle $\frac{1}{2}$ Tablespoon olive oil on kale with a pinch of salt. Massage into the leaves to soften them. Add roasted beets to kale along with fruit and/or nuts.
- 4) Whisk remaining olive oil, vinegar, mustard, honey, and orange juice. Toss over salad and coat well.

Local Is Better

Eating local is healthier. Local produce contains more vitamins and minerals than supermarket produce which has been shipped from far distances. At The Farm at St. Joe's all of our produce is grown without the use of pesticides and is harvested by hand.

If you are interested in volunteering at The Farm at St. Joe's, call 734-712-HOOP (4667). For more information on nutrition, call St. Joseph Mercy Nutrition Services at 734-712-5800.

Like this Recipe?

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