

Beet Salad with Goat Cheese

Ingredients:

- 4 medium beets, halved
- 1/3 cup chopped walnuts
- 3 Tablespoons maple syrup
- 1 (10-ounce) package mixed baby salad greens
- 1/2 cup frozen orange juice concentrate
- 1/4 cup balsamic vinegar
- 1/2 cup extra-virgin olive oil
- 2 ounces goat cheese

Directions:

1. Place beets in a saucepan, and fill with enough water to cover. Bring to a boil, then cook until tender (20 - 30 minutes). Drain and cool, then cut into cubes.
2. While the beets are cooking, place walnuts in a skillet over medium-low heat. Heat until warm, then stir in the maple syrup. When evenly coated, remove from heat and set aside to cool.
3. In a small bowl, whisk together the orange juice concentrate, balsamic vinegar, and olive oil to make the dressing.
4. Place a large helping of baby greens onto each of four salad plates. Sprinkle the candied walnuts on top. Place equal amounts of beets over the greens, and top with dabs of goat cheese. Drizzle each plate with some of the dressing.

Recipe from: AllRecipes
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Serves 4

This is a delicious, easy salad. You can add more veggies or a protein such as chickpeas or chicken.

