

## Roasted Beet and Citrus Salad

### INGREDIENTS:

- 2 lbs. beets with their greens (can substitute other available leafy greens for beet greens i.e., spinach, swiss chard, etc.)
- 2 medium juicy oranges
- ¼ cup olive oil
- 2 tbsp. white balsamic vinegar or rice wine vinegar
- 1 tbsp. honey
- 1 ½ tbsp. lemon juice
- Zest from 1 medium orange
- 1 dash of salt
- 7 oz. arugula, washed/drained
- ½ cup pomegranate seeds



\*VEGAN



\*GLUTEN-FREE



### INSTRUCTIONS:

1. Preheat oven to 450° F. Peel and cut beets into quarters, place on a foil lined baking sheet. Drizzle with ½ tbsp olive oil. Fold foil around beets and form a packet. Roast until tender, about 25-30 minutes. Let cool completely.
2. Zest 1 orange, set aside.
3. Segment the 2 oranges with a small flexible knife. Start by cutting off the top and bottom of the orange. Cut to remove peel and expose flesh of orange. Clean up any white piths remaining. With the knife, cut between orange segment and the membrane, just to the center. Repeat on other side of the segment, then gently peel and remove segment. Repeat.
4. Whisk vinegar, honey, lemon juice, orange zest, and a dash of salt in a small bowl. Slowly drizzle in the remaining olive oil, whisking continuously.
5. Wash and cut beet greens into bite size pieces. Place beets, beet greens, oranges, and arugula in serving dish. Drizzle vinaigrette over, toss. Sprinkle with pomegranate seeds. Serve.

Servings: 8

### Nutrition Facts

8 servings per container	
<b>Serving size</b>	<b>1 1/2 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 14g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 73mg	<b>6%</b>
Iron 1mg	<b>6%</b>
Potassium 439mg	<b>10%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.