



Roasted Beet-Fresh Chilean Blueberry Salad with Maple Vinaigrette

INGREDIENTS

6 medium-size beets (red, golden, Chioggia - about 6 oz. each)
1 cup walnuts
2 Tbsp. fresh lemon juice
1 Tbsp. maple syrup
1-1/2 tsp. Dijon mustard
1/4 tsp. salt
1/4 tsp. freshly ground pepper
1/2 cup canola oil
1 (5-oz.) package gourmet mixed salad greens, thoroughly washed
1 cup fresh blueberries
1 (4-oz.) package goat cheese, crumbled



INSTRUCTIONS

Preheat oven to 400°. Trim beet stems to 1 inch; gently wash beets. Wrap individually in aluminum foil, and place on a jellyroll pan.

Bake at 400° for 1 hour or until tender. Transfer to a wire rack, and let cool, wrapped in foil, 30 minutes.

Meanwhile, decrease oven temperature to 350°. Bake walnuts in a single layer in a jellyroll pan 5 to 7 minutes or until lightly toasted and fragrant. Cool completely on wire rack (about 15 minutes).

Whisk together lemon juice, syrup, mustard, salt, and pepper in a small bowl. Add oil in a slow, steady stream, whisking constantly until smooth.

Peel beets, and remove stem ends. Cut beets into 1/2-inch wedges; gently toss with 1/4 cup vinaigrette.

Arrange greens on a serving platter. Top with beet mixture, blueberries, cheese, and walnuts; serve with remaining vinaigrette.

SERVES 4

NUTRIENTS PER SERVING

581 calories, 52 gms fat, 468 calories from fat, 11 gms saturated fat, 22 mg cholesterol, 383 mg sodium, 11 gms protein, 4 gms dietary fiber

Recipe from the Chilean Fresh Fruit Association



www.ChileanFruitOnline.com