



EAT MORE BURN MORE

BEET SALAD WITH FETA, ORANGE, AND WALNUT & ORANGE GINGER DRESSING



Active time: 15 minutes

Cook time: 65 minutes

Yield: 4 servings

INGREDIENTS:

FOR THE SALAD:

6 medium beets
¾ cup walnuts
6 cups arugula
1 tbsp extra virgin olive oil
4 oz. feta cheese
2 oranges or 1 grapefruit
Salt
Freshly ground black pepper

FOR THE ORANGE GINGER DRESSING:

Fresh ginger, peeled
1 cup diced apple
¼ cup orange juice
¼ cup extra virgin olive oil
Salt and pepper to taste

PREPARATION:

1. Prepare the dressing by blending diced apple, ginger, orange juice, salt and pepper with a hand mixer until smooth. Gradually stream in the olive oil.
2. Heat the oven to 350°. Wash, peel, and drizzle the beets with olive oil. Then wrap them individually in foil, place them on a sheet pan, and cook for 60 minutes.
3. Once the beets cool, cut them into chunks.
4. Put the walnuts in a dry skillet over medium heat and cook, shaking the pan frequently, until fragrant and beginning to darken, 3-5 minutes.
5. Peel and slice the citrus crosswise. Rinse and dry the greens and place them in a large bowl with the walnuts.
6. Pour some dressing on the greens and toss to coat. Pile the greens on 4 plates. Put the beets in the bowl, toss with some dressing and arrange them on the greens. Crumble feta cheese on top, add citrus slices, and serve.