

## *Roasted Baby Beets and Blood Orange Salad with Blue Cheese*

### *What You'll Need*

- 12 multicolored baby beets
- 4 medium blood oranges
- 1 1/2 tablespoons balsamic vinegar
- 4 teaspoons extra-virgin olive oil
- 1 teaspoon Dijon mustard
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1 (5-ounce) package mixed baby greens
- 2 ounces blue cheese, crumbled (about 1/2 cup)
- 1/4 cup chopped walnuts, toasted



### *Directions*

Preheat oven to 400°.

Leave root and 1 inch stem on beets; scrub with a brush. Cut an 18 x 12-inch sheet of foil. Place beets in center of foil. Gather edges of foil to form a pouch; tightly seal edges. Place pouch on a baking sheet. Bake at 400° for 45 minutes or until tender. Cool 20 minutes. Trim off beet roots; rub off skins. Cut beets into quarters.

Grate 1 teaspoon orange rind. Peel and section oranges over a large bowl; squeeze membranes to extract juice. Set sections aside; reserve 3 tablespoons juice. Discard membranes. Combine rind, juice, vinegar, and next 4 ingredients (through pepper) in a small bowl; stir with a whisk.

Divide greens evenly among 8 plates. Arrange beets and orange sections on top of greens. Sprinkle each serving with 1 tablespoon cheese and 1 1/2 teaspoons nuts. Drizzle each serving with about 2 teaspoons dressing.

**TOTAL TIME:** 1 hour, 15 minutes

**SERVES:** 8

**CALORIES** 163; **FAT** 6.9g (sat 1.9g, Mono Fat 2.6g, Polyfat 2.1g)

**PROTEIN** 4.8g **CARBS** 21.9g **FIBER** 5.6g **CHOL** 5mg

**IRON** 1.3mg **SUGAR** 0g **SODIUM** 291mg **CALCIUM** 291mg