

BEET SALAD WITH GOAT CHEESE

Ingredients

- 4 medium beets, scrubbed, trimmed, and cut in half
- 1/3 cup chopped walnuts
- 3 Tbsp maple syrup
- 1 package (10 oz) mixed baby salad greens
- 1/2 cup frozen orange juice concentrate
- 1/4 cup balsamic vinegar
- 1/2 cup extra virgin olive oil
- 2 oz goat cheese

Directions

1. Place beets in a saucepan and cover with water, bringing to a boil. Cook 20-30 minutes until tender. Drain and cool. Cut into cubes.
2. While beets are cooking, place walnuts in a pan on medium-low heat and toast until warm.
3. Stir in maple syrup and cook until evenly coated. Remove from heat and let cool. In a small bowl, whisk together orange juice concentrate, balsamic vinegar, and olive oil.
4. Place a large helping of salad greens on four plates, and evenly divide walnuts and beets over greens. Top with dabs of goat cheese and drizzle with dressing.

Serves 6