



Cook the Book: Market Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



366 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 asparagus
- ☐ 1 medium beets trimmed
- ☐ 4 servings pepper black freshly ground
- ☐ 1 cup carrots grated peeled
- ☐ 1 tablespoon dijon mustard
- ☐ 1 pinch thyme dried
- ☐ 4 large eggs
- ☐ 0.8 cup cucumber english cubed peeled seeded

- ☐ 4 servings chives fresh chopped for garnish
- ☐ 0.8 cup kalamata olives chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 4 marinated artichoke
- ☐ 1.3 cups olive oil extra virgin extra-virgin
- ☐ 1 pinch oregano dried
- ☐ 2 onion red
- ☐ 0.3 cup red wine vinegar
- ☐ 4 cups the of 1 cos lettuce chopped (from 2 heads)
- ☐ 1 cup tomatoes chopped

Equipment

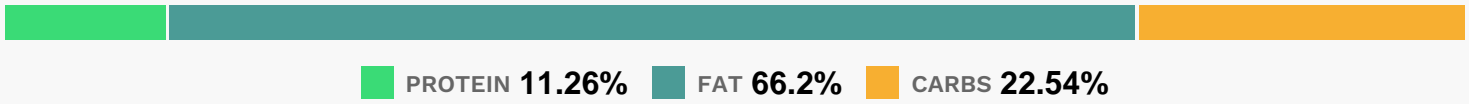
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat the oven to 425°F.
- ☐ Wrap the beet tightly in aluminum foil and place the foil packet on a rimmed baking sheet.
- ☐ Bake until the beet is fork, about 1 hour. Cool, then slip off the skin, and cut the beat into cubes.
- ☐ Meanwhile, place the eggs in a medium pot and fill with water to cover by 1 inch; bring the water to a boil. Immediately turn off the heat. Cover the pot for 3 minutes. Uncover and let the eggs cool in the water. Peel and halve lengthwise.
- ☐ Bring a large pot of salted water to a boil. Fill a large bowl with water and ice. Boil the asparagus until crisp-tender, 1 to 1 1/2 minutes. Plunge immediately in the ice water; drain well.

- ☐ Divide the romaine among 4 dinner plates. Scatter the beets, carrot, tomato, cucumber, olives, and onions over the romaine (like a pizza pie). Cross two asparagus stalks over the top of each salad. Top each with two egg halves and a marinated artichoke heart.
- ☐ Drizzle with vinaigrette and garnish with chives.
- ☐ Serve immediately.
- ☐ Grilled Red Onions
- ☐ - makes about 1 cup -
- ☐ Preheat the broiler.
- ☐ Roughly chop the onions and toss with the olive oil.
- ☐ Spread the onions onto a rimmed baking sheet and broil until golden brown, about 5 minutes. The onions will keep in the refrigerator, covered, for up to 3 weeks.
- ☐ House Vinaigrette
- ☐ - makes about 2 cups -
- ☐ In a bowl, whisk together the vinegar, salt, oregano, and thyme until the salt dissolves.
- ☐ Whisk in the mustard.
- ☐ Whisking constantly, slowly drizzle in the olive oil until fully incorporated. Season with salt and pepper to taste. The vinaigrette will keep in the refrigerator, covered, for up to 1 month.

Nutrition Facts



Properties

Glycemic Index:80.46, Glycemic Load:4.59, Inflammation Score:-10, Nutrition Score:24.220869727757%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 4.65mg, Isorhamnetin: 4.65mg, Isorhamnetin: 4.65mg, Isorhamnetin: 4.65mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 17.07mg, Quercetin: 17.07mg, Quercetin: 17.07mg, Quercetin: 17.07mg

Nutrients (% of daily need)

Calories: 366.1kcal (18.3%), Fat: 27.52g (42.34%), Saturated Fat: 4.6g (28.77%), Carbohydrates: 21.09g (7.03%), Net Carbohydrates: 13.93g (5.06%), Sugar: 10.01g (11.13%), Cholesterol: 186mg (62%), Sodium: 881.52mg (38.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.53g (21.06%), Vitamin A: 10875.98IU (217.52%), Vitamin K: 84.69µg (80.66%), Folate: 176.15µg (44.04%), Vitamin C: 27.09mg (32.83%), Vitamin E: 4.46mg (29.71%), Fiber: 7.16g (28.64%), Selenium: 18.46µg (26.37%), Manganese: 0.5mg (24.82%), Vitamin B2: 0.37mg (22.06%), Potassium: 714.77mg (20.42%), Phosphorus: 194.64mg (19.46%), Iron: 3.46mg (19.23%), Vitamin B6: 0.34mg (16.89%), Vitamin B1: 0.19mg (12.79%), Copper: 0.25mg (12.75%), Vitamin B5: 1.25mg (12.47%), Magnesium: 48.76mg (12.19%), Calcium: 116.01mg (11.6%), Zinc: 1.4mg (9.31%), Vitamin B12: 0.44µg (7.42%), Vitamin B3: 1.35mg (6.75%), Vitamin D: 1µg (6.67%)