



HEALTH SCORE

82%

Cook the Book: Roasted Beet Salad with Walnut Dressing and Cheese Crisps



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



206 kcal

SIDE DISH

Ingredients

- ☐ 1 bunch dandelion greens rinsed cut into bite-size
- ☐ 0.3 teaspoon pepper black freshly ground plus more for seasoning
- ☐ 1 bunch swiss chard rinsed cut into bite-size pieces
- ☐ 0.3 teaspoon dijon mustard
- ☐ 1 teaspoon tarragon fresh minced
- ☐ 3 small golden beets red washed
- ☐ 1 tablespoon honey

- ☐ 0.5 cup olive oil
- ☐ 0.5 teaspoon penzey's southwest seasoning plus more for seasoning
- ☐ 1 tablespoon shallots finely chopped
- ☐ 0.3 cup sherry vinegar (see note)
- ☐ 0.5 cup walnuts toasted chopped
- ☐ 3 tablespoons water

Equipment

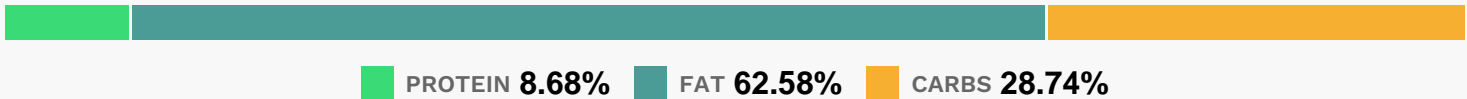
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ blender
- ☐ aluminum foil
- ☐ mandoline

Directions

- ☐ Preheat the oven to 350°F.
- ☐ Cut a piece of aluminum foil about 12 inches square. On one half of the square, place the beets, 2 tablespoons olive oil, water, 1/4 teaspoon of the salt, and 1/8 teaspoon of the pepper. Fold the opposite side of the foil over to cover the beets, and seal all the edges tightly to form a packet.
- ☐ Place the packet on a baking sheet, transfer it to the oven, and cook until the beets are tender, about 45 minutes. (The beets are done when a paring knife is easily inserted into the middle.)
- ☐ Remove the packet from the oven and set it aside, unopened, for about 10 minutes.

- ☐ Remove the beets from the foil packet. When the beets are cool enough to handle, gently rub off the skin, using a paper towel. Slice the beets into 1/4-inch thick rounds (use a mandoline if you have one), and set aside.
- ☐ Combine the vinegar, shallot, honey, mustard, remaining 1/4 teaspoon salt, and remaining 1/8 teaspoon pepper in a blender, and mix well. While the blender is still running, add the oil in a slow, steady stream, blending until the vinaigrette is emulsified.
- ☐ Transfer the dressing to a mixing bowl, and stir in the walnuts and tarragon.
- ☐ Place the dandelion greens and the chard in a large bowl.
- ☐ Pour 2 tablespoons (or more to taste) of the dressing over the greens, and season with a pinch of salt and pepper. Toss to coat. In a separate mixing bowl, toss the sliced beets in 1 tablespoon of the dressing, and season with a pinch of salt and pepper.
- ☐ Divide the greens among four to six serving plates, and garnish with the sliced beets and the Cheese Crisps. If desired, spoon more dressing over each salad.
- ☐ Note: Banyuls vinegar is made from Banyuls wine, which is a fortified wine from southern France and is considered to be the French version of port. Banyuls vinegar has a sweet and nutty flavor, which is generally thought to be milder than red wine vinegar or balsamic vinegar. It tastes something like a cross between balsamic vinegar and sherry vinegar and either can be used as a good substitute. Banyuls vinegar can be found in specialty markets.
- ☐ Cheese Crisps
- ☐ Preheat the oven to 350°F. Line a baking sheet with a Silpat, or parchment paper.
- ☐ Spacing them 1 to 2 inches apart, place 1-tablespoon mounds of the cheese on the Silpat.
- ☐ Place the baking sheet in the oven and cook until the cheese melts and turns golden brown, about 7 minutes.
- ☐ Remove from the oven and set aside to cool on the baking sheet. Use the crisps as a garnish for soups and salads.

Nutrition Facts



Properties

Glycemic Index:84.32, Glycemic Load:5.68, Inflammation Score:-10, Nutrition Score:20.591304354046%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 4.35mg, Kaempferol: 4.35mg, Kaempferol: 4.35mg, Kaempferol: 4.35mg Myricetin: 2.33mg, Myricetin: 2.33mg, Myricetin: 2.33mg, Myricetin: 2.33mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 206.14kcal (10.31%), Fat: 15.26g (23.48%), Saturated Fat: 1.7g (10.64%), Carbohydrates: 15.77g (5.26%), Net Carbohydrates: 11.57g (4.21%), Sugar: 9.55g (10.61%), Cholesterol: 0mg (0%), Sodium: 210.41mg (9.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.53%), Vitamin K: 632.26µg (602.16%), Vitamin A: 4666.38IU (93.33%), Manganese: 1.07mg (53.3%), Vitamin C: 26.1mg (31.64%), Magnesium: 101.99mg (25.5%), Folate: 90.04µg (22.51%), Copper: 0.43mg (21.3%), Fiber: 4.2g (16.79%), Potassium: 574.5mg (16.41%), Vitamin E: 2.44mg (16.3%), Iron: 2.79mg (15.49%), Phosphorus: 113.68mg (11.37%), Vitamin B6: 0.22mg (11%), Calcium: 80.86mg (8.09%), Vitamin B2: 0.13mg (7.38%), Vitamin B1: 0.1mg (6.82%), Zinc: 0.99mg (6.58%), Vitamin B3: 0.74mg (3.71%), Vitamin B5: 0.32mg (3.19%), Selenium: 2.02µg (2.89%)