

What She Ate

Image not found or type unknown

health-score100%

HEALTH SCORE

Warm Beet and Lentil Salad with Goat Cheese

Gluten FreeVery Healthy

READY IN

ready

55 min.

SERVINGS

servings

4

CALORIES

calories

974 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 2 medium beets 1-inch-thick peeled cut into wedges
- ☐ 2 carrots diced
- ☐ 1 cinnamon sticks
- ☐ 1.3 cups green lentils french
- ☐ 1 large bunch fris e
- ☐ 3 cloves garlic chopped
- ☐ 4 ounce log goat cheese

- ☐ 0.3 cup hazelnuts finely chopped
- ☐ 1 tablespoon honey
- ☐ 1 juice of lemon
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 2 leeks white halved lengthwise chopped
- ☐ 0.3 cup olive oil extra-virgin plus more for drizzling
- ☐ 3 tablespoons olive oil extra-virgin plus more for drizzling
- ☐ 18 ounce center-cut salmon fillets skinless
- ☐ 1 medium shallots minced
- ☐ 1 pinch sugar
- ☐ 1 bunch swiss chard
- ☐ 0.3 pound bacon thick-cut sliced
- ☐ 1 tablespoon tomato paste

Equipment

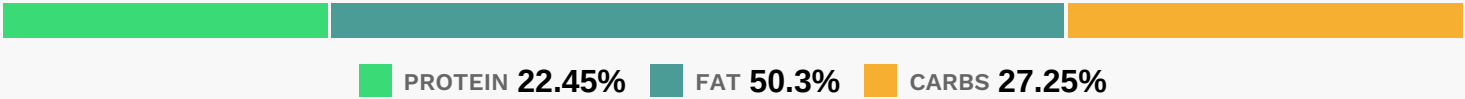
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ microwave
- ☐ slotted spoon

Directions

- ☐ Preheat the oven to 40
- ☐ Toss the beets with 3 tablespoons olive oil in a roasting pan and season with salt and pepper. Roast until tender, 30 minutes.

- ☐ Meanwhile, season the nuts with salt and pepper in a shallow bowl.
- ☐ Cut the goat cheese into 4 even rounds. Press the cut sides in the nuts and set aside. Warm the lentils in the microwave or in a saucepan and season with salt and pepper.
- ☐ Cook the bacon in a skillet over medium-high heat until crisp, 10 minutes, and transfer to paper towels with a slotted spoon.
- ☐ Add the shallot to the pan drippings and cook for 20 seconds.
- ☐ Remove from the heat; whisk in the vinegar and sugar.
- ☐ Remove the beets from the oven and warm the nut-crusted goat cheese on the hot roasting pan. Toss the frisee with the bacon and dressing and divide among bowls. Top the salads with beets, lentils and a round of goat cheese.
- ☐ Drizzle with more olive oil.
- ☐ Per serving: Calories 482; Fat 39 g (Saturated 12 g); Cholesterol 42 mg; Sodium 571 mg; Carbohydrate 19 g; Fiber 5 g; Protein 15 g
- ☐ Photograph by Antonis Achilleos
- ☐ Heat 1/4 cup olive oil in a skillet over medium heat.
- ☐ Add the leeks and carrots and cook until tender, 5 minutes.
- ☐ Add the garlic and tomato paste and cook 1 minute. Increase the heat to high; add 4 cups water, the cinnamon stick and lentils. Bring to a boil, then reduce the heat to medium-high, cover and simmer until tender, 20 minutes.
- ☐ Meanwhile, remove the Swiss chard stems; reserve 3 leaves and chop the rest.
- ☐ Place the whole leaves over the lentils, cover and wilt, 1 minute.
- ☐ Remove the chard and cover the lentils. Season the salmon with salt and pepper and wrap a wilted chard leaf around each fillet.
- ☐ Reserve about 1 cup lentils for another use. Stir the honey and lemon juice into the remaining lentils and season with salt and pepper. Stir in the chopped chard.
- ☐ Place the wrapped salmon on top of the lentils, drizzle with olive oil and season with salt and pepper. Cover and cook over medium-high heat until the fish is just cooked through, 6 minutes.
- ☐ Remove the salmon and cut into pieces. (If the lentils are dry, add a splash of water.) Divide lentils among bowls and top with salmon.
- ☐ Per serving: Calories 510; Fat 20 g (Saturated 3 g); Cholesterol 70 mg; Sodium 357 mg; Carbohydrate 45 g; Fiber 8 g; Protein 40 g

Nutrition Facts



Properties

Glycemic Index:121.7, Glycemic Load:14.57, Inflammation Score:-10, Nutrition Score:64.398261184278%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 5.62mg, Kaempferol: 5.62mg, Kaempferol: 5.62mg, Kaempferol: 5.62mg Myricetin: 2.47mg, Myricetin: 2.47mg, Myricetin: 2.47mg, Myricetin: 2.47mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 973.77kcal (48.69%), Fat: 55.1g (84.77%), Saturated Fat: 12.98g (81.14%), Carbohydrates: 67.18g (22.39%), Net Carbohydrates: 42.01g (15.28%), Sugar: 17.35g (19.27%), Cholesterol: 101.92mg (33.97%), Sodium: 842.95mg (36.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.32g (110.64%), Vitamin K: 667.45µg (635.67%), Vitamin A: 11222.55IU (224.45%), Folate: 483.56µg (120.89%), Manganese: 2.41mg (120.61%), Fiber: 25.17g (100.69%), Vitamin B6: 1.92mg (96.01%), Selenium: 60.77µg (86.81%), Phosphorus: 779.34mg (77.93%), Vitamin B1: 1.08mg (72.19%), Vitamin B3: 14.38mg (71.92%), Vitamin B12: 4.25µg (70.87%), Copper: 1.29mg (64.6%), Potassium: 2190.7mg (62.59%), Vitamin C: 48.63mg (58.94%), Magnesium: 234.96mg (58.74%), Iron: 10.27mg (57.08%), Vitamin B2: 0.91mg (53.58%), Vitamin E: 7.32mg (48.79%), Vitamin B5: 4.32mg (43.2%), Zinc: 5.33mg (35.53%), Calcium: 208.72mg (20.87%), Vitamin D: 0.23µg (1.51%)