



Winter Salad with Roasted Beets and Citrus Reduction Dressing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



135 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 cups boston lettuce
- ☐ 2 ounces goat cheese crumbled
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.8 cup orange juice fresh (4 oranges)
- ☐ 2 cups radicchio thinly

- ☐ 4 medium beets red (and golden)
- ☐ 1 tablespoon shallots minced
- ☐ 0.5 teaspoon sugar
- ☐ 2 cups watercress trimmed
- ☐ 2 tablespoons citrus champagne vinegar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

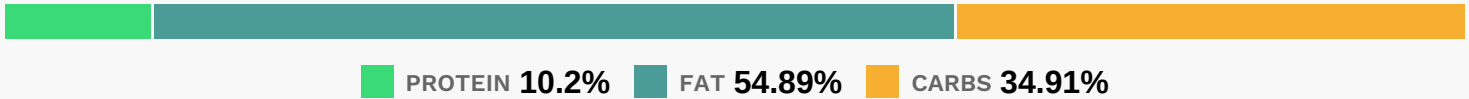
Directions

- ☐ Preheat oven to 400
- ☐ Leave root and 1-inch stem on beets; scrub with a brush.
- ☐ Place beets on a foil-lined jelly-roll pan coated with cooking spray. Lightly coat beets with cooking spray.
- ☐ Bake at 400 for 1 hour and 10 minutes or until tender. Cool beets slightly. Trim off beet roots and stems; rub off skins.
- ☐ Cut beets into 1/2-inch-thick wedges.
- ☐ Bring juice and sugar to a boil in a small saucepan; cook 10 minutes or until reduced to 2 tablespoons.
- ☐ Pour into a medium bowl; cool slightly.
- ☐ Add shallots, vinegar, 1/2 teaspoon salt, and 1/4 teaspoon pepper, stirring with a whisk. Gradually add oil, stirring constantly with a whisk.
- ☐ Combine lettuce, watercress, and radicchio.
- ☐ Sprinkle lettuce mixture with remaining 1/4 teaspoon salt and 1/4 teaspoon pepper; toss gently to combine. Arrange about 1 cup lettuce mixture on each of 8 salad plates. Divide

beets evenly among salads.

- ☐
- Drizzle about 1 tablespoon dressing over each salad; sprinkle each salad with 1 tablespoon cheese.
- ☐
- Wine note: White wine is usually a good bet with salad, but the earthy and robust flavors in Winter Salad with Roasted Beets and Citrus Reduction Dressing allow this hearty course to handle a lighter red wine, such as Irony Monterey Pinot Noir 2006 (\$16). The wine's berry fruit goes well with goat cheese, and its earthy mushroom flavors are enhanced by roasted beets, while tart acidity on the finish matches the citrus. --Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:35.01, Glycemic Load:5.17, Inflammation Score:-8, Nutrition Score:11.877826101106%

Flavonoids

Cyanidin: 12.7mg, Cyanidin: 12.7mg, Cyanidin: 12.7mg, Cyanidin: 12.7mg Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.78mg, Hesperetin: 2.78mg, Hesperetin: 2.78mg, Hesperetin: 2.78mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 4.12mg, Luteolin: 4.12mg, Luteolin: 4.12mg, Luteolin: 4.12mg Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.55mg, Quercetin: 6.55mg, Quercetin: 6.55mg, Quercetin: 6.55mg

Nutrients (% of daily need)

Calories: 134.77kcal (6.74%), Fat: 8.53g (13.12%), Saturated Fat: 2.01g (12.57%), Carbohydrates: 12.21g (4.07%), Net Carbohydrates: 9.3g (3.38%), Sugar: 8.42g (9.36%), Cholesterol: 3.26mg (1.09%), Sodium: 318.18mg (13.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.13%), Vitamin K: 76.92µg (73.26%), Folate: 125.94µg (31.48%), Vitamin C: 21.29mg (25.8%), Vitamin A: 1250.43IU (25.01%), Manganese: 0.39mg (19.56%), Potassium: 449.76mg (12.85%), Fiber: 2.91g (11.62%), Vitamin E: 1.39mg (9.24%), Copper: 0.17mg (8.69%), Magnesium: 30.21mg (7.55%), Phosphorus: 74.69mg (7.47%), Iron: 1.33mg (7.38%), Vitamin B6: 0.13mg (6.29%), Vitamin B2: 0.1mg (5.7%), Vitamin B1: 0.08mg (5.11%), Calcium: 48.38mg (4.84%), Zinc: 0.5mg (3.36%), Vitamin B5: 0.32mg (3.2%), Vitamin B3: 0.54mg (2.72%), Selenium: 1.16µg (1.65%)