

Citrus and Roasted Beet Salad

Makes 6 Servings



3 beets

8 cups spinach

1 grapefruit peeled and sectioned

1 orange peeled and sectioned

1/4 cup walnuts

For the Dressing:

3 tablespoons balsamic vinegar

4 teaspoons orange zest

2 teaspoons grapefruit zest

1 tablespoon grapefruit juice

2 teaspoons Dijon style mustard

2 teaspoons honey

1/4 cup olive oil

1. Scrub the beets clean and trim the tops. Wrap the beets in aluminum foil and place on a baking sheet. Bake in a 350°F oven for 1 hour or until tender. Remove the aluminum foil and allow the beets to cool.

2. Peel the skin off of the beets and cut into 1//2-inch cubes.

3. In a bowl arrange spinach, beets, grapefruit sections, orange sections, and walnuts.

For the Dressing:

1. In a bowl whisk together balsamic vinegar, orange zest, grapefruit zest, grapefruit juice, Dijon style mustard, honey, and olive oil.

2. Drizzle the dressing over the salad.

3. Serve

Nutrition Facts

Amount per Serving

Calories	160	Calories from Fat	110
		% Daily Value*	
Total Fat	13g	20%	
Saturated Fat	2g	10%	
Cholesterol	0mg	0%	
Sodium	94mg	3%	
Total Carbohydrate	11g	3%	
Dietary Fiber	5g	20%	
Sugars	2g		

Protein 3g

Vitamin A 2%

Vitamin C 41%

Calcium 2%

Iron 1%

Percent Daily Values are based on a 2,000 calorie diet.