

Red Beet, Goat Cheese and Walnut Salad

Beets are a powerhouse of goodness. They contain phytochemicals and antioxidants that support detoxification. When buying beets look for ones that are firm and have smooth skin. Avoid ones that are soft or show signs of damage. Have you had beet greens? They are delicious! Buy the beets with the greens on top and you can sautee them separately and have with the salad or keep them in the fridge to have with dinner. I'm not a huge fan of beets but beet greens taste nothing like beets. They have a very mild flavor. Enjoy.

xoxo,
Kristin

1) Preheat the oven to 375 degrees F. Prick the skin of the beets with a fork and wrap in foil. Roast for 1 hour. When they are cool enough to handle, peel the beets and cut them into bite size wedges.

2) In a large bowl, combine the beets, arugula, vinaigrette, parsley and chives. Toss thoroughly to combine. Season with salt and pepper. Divide the salad among 4 plates. Top each salad with goat cheese and walnuts.

Recipe from Now Eat This Diet, serves 4