



Berry-Beet Salad

By Taste of Home

Total Time

Prep: 20 min. Bake: 30 min. + cooling

Makes

4 servings

Here's a delightfully different salad that balances the earthy flavor of beets with the natural sweetness of berries. If you prefer, substitute crumbled feta for the goat cheese. —Amy Lyons.

INGREDIENTS

- 1 each fresh red and golden beets
- 1/4 cup balsamic vinegar
- 2 tablespoons walnut oil
- 1 teaspoon honey
- Dash salt
- Dash pepper
- 1/2 cup sliced fresh strawberries
- 1/2 cup fresh raspberries
- 1/2 cup fresh blackberries
- 3 tablespoons chopped walnuts, toasted
- 1 shallot, thinly sliced
- 4 cups torn mixed salad greens
- 1 ounce fresh goat cheese, crumbled

- 1 tablespoon fresh basil, thinly sliced
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Directions

1. Place beets in an 8-in. square baking dish; add 1 in. of water. Cover and bake at 400° for 30-40 minutes or until tender.
2. Meanwhile, in a small bowl, whisk the vinegar, oil, honey, salt and pepper; set aside. Cool beets; peel and cut into thin slices.
3. In a large bowl, combine the beets, berries, walnuts and shallot. Pour dressing over beet mixture and toss gently to coat. Divide salad greens among 4 serving plates. Top with beet mixture; sprinkle with cheese and basil.

Nutrition Facts

1 serving:

183 calories,	
Fat	12g (2 g saturated fat)
Cholesterol	5mg
Sodium	124mg
Carbohydrate (18g (11g sugar, 5g fibre)
Protein.	4 g
Diabetic exchanges:	2 fat, 1 starch