



From the Kitchen of Executive Chef Jessica VanRoo



Roasted Beet and Sweet Potato Salad with Spinach and Arugula

Description

This unique salad combines colorful root vegetables with dark, leafy greens to provide power-packed nutrients that will keep your brain firing at top capacity. Beets are one of the best sources of vitamin B folate as well as betaine, a chemical compound used by the brain to form natural antidepressants. They also contain uridine, which stimulates the production of phosphatidylcholine, the building blocks of the brain's synaptic connections. Adding walnuts provides polyphenols, ALA omega-3 fat, magnesium and the amino acid arginine, which also decrease inflammation in the body. Last but not least, beets contain betalains – pigments found in plants that detoxify the body and reduce inflammation, which is at the root of many ailments, including heart disease, Alzheimer's disease, type 2 diabetes and cancer.

*Recipe serves 4. Total cost \$11.73/\$1.58 to \$2.93 per serving. 334 calories per serving.

Ingredients

Salad:

- 1 medium beet
- ½ lb sweet potato, peeled and diced
- 1 tablespoon olive oil
- 2 teaspoons brown sugar
- ⅛ teaspoon salt
- 8 oz arugula spinach mix
- 3 oz blanched green beans



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Vinaigrette:

- ½ tablespoon white-wine vinegar
- 1 tablespoon lemon juice
- ½ teaspoon honey
- ¼ teaspoon Dijon mustard
- ½ teaspoon salt
- ⅛ teaspoon black pepper
- ¼ cup olive oil
- 1 teaspoon fresh thyme, minced

Maple Walnuts:

- ½ cup walnuts
- 2 tablespoons pure maple syrup
- Pinch of salt
- ½ teaspoon ground cumin

Instructions

1. Vinaigrette: Combine ingredients in a jar. Shake well to mix.
2. Salad: Preheat oven to 425 degrees, roast foil-wrapped beets for 1 hour or until tender. In a bowl, combine diced sweet potatoes, olive oil, brown sugar, and salt, mix well and spread on a foil-lined baking sheet. Roast for 30 minutes, stirring after 15 minutes. While sweet potatoes are roasting, peel cooled beets and dice the same size as sweet potatoes. When sweet potatoes are done, toss with beets, green beans, and ⅓ of the dressing.
3. Walnuts: In a skillet, combine walnuts, syrup, and salt. Cook on medium heat, stirring often until walnuts are toasted and the syrup is caramelized, about 3 to 5 minutes.
4. In serving bowls, spoon the mixture onto a bed of arugula and spinach, sprinkle with nuts, with the extra dressing on the side.