



Kale and Roasted Beet Salad

Makes: 8 servings, 1 cup each

Ingredients

- 5-6 small roasted beets
- 1 bunch kale
- ½ cup pecans
- ½ cup feta or goat cheese
- ¼ cup extra virgin olive oil
- 2 tbsps balsamic vinegar
- 1 tbsps maple syrup
- 1 tbsps lemon juice
- 1 tsp honey
- Salt & pepper to taste

Directions

1. Pre-heat oven at 400°F. Thoroughly wash beets, and then wrap them individually in foil. Place them on a baking sheet and bake for 40-60 minutes. Larger beets take longer, so check them every 20 minutes. They are finished when you can easily pierce them with a toothpick.
2. Once cool, cut the rough tops off beets, peel roasted beets, and cut into small pieces. Set aside.
3. Place pecans in a small pan and toast over medium heat for 2-3 minutes, stirring often to prevent them from burning.
4. Remove pecans and spread out on parchment paper. Drizzle honey over the toasted pecans while they are still warm.
5. Clean kale, remove leaves from the stalks, and cut or tear into small pieces. Add a pinch of salt, and massage for 30 seconds. Let sit.
6. In a separate bowl, whisk together the balsamic vinegar, maple syrup, and lemon juice. Slowly add olive oil while continuing to whisk until the dressing is thickened. Add salt & pepper to taste
7. Add beet wedges and crumbled cheese to the salad.
8. Chop cooled pecans into smaller pieces, and sprinkle over the top of the salad.

*Recipe & Photograph adapted from ToriAvey.com



This material was funded by the USDA's Supplemental Nutrition Assistance Program-SNAP. This institution is an equal opportunity provider. University of Illinois at Chicago * United States Department of Agriculture * Chicago Partnership for Health Promotion is a unit of the Office of Community Engagement And Neighborhood Health Partnerships (OCEAN-HP) representing a network of community based interventions designed to improve nutrition and reduce disparities in outcomes associated with nutritional diseases including obesity.



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Ensalada de Col Risada y Remolacha Asada

Sirve: 8 porciones de 1 taza

Ingredientes

5-6 remolachas pequeñas, asadas

1 manojo de col rizada

½ taza de nueces

½ taza de queso feta o de cabra

¼ taza de aceite de oliva extra virgen

2 cucharada de vinagre balsamico

1 cucharada de miel de maple

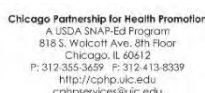
1 cucharada de jugo de limon Amarillo

1 cucharadita de miel

Instrucciones

1. Precaliente el horno a 400F. Lave bien las remolachas y envuelvalas individualmente en papel aluminio. Pongalas en charola para hornear y pongalas dentro del horno por 40-60 minutos. Entre mas grandes las remolachas, mas tardaran. revise cada 20 minutos. Estan listas cuando las pueda perforar facilmente con un tenedor.
2. Cuando enfrien, corte las partes de arriba, pele las remolachas asadas y rebanelas. Ponga a un lado.
3. Pongo los nueces en una cacerola pequena y tuesta a fuego medio por 2-3 minutos.
4. Quito los nueces y extienda sobre papel parchado. Anade la miel a los nueces.
5. Limpie la col rizada, seque, y quite las hojas de los tallos. Agriegue una pizca de sal y de un masaje por 2-3 minutos para suavizar la col y mejorar el sabor.
6. En un recipient separado, bata el vinagre balsamico, la miel de maple, y jugo de limon. Siga batiendo y lentamente agregue el aceite de olive hasta que la mezcla se ponga mas espesa.
7. Agriegue las rebaneladas de remolacha y el queso desmoronado de feta o de cabra a la ensalada.
8. Parta los nueces en pedazos pequenos. Espolvoree sobre la ensalada.

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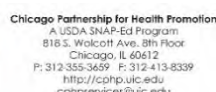
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