



## Beet Salad with Mixed Greens, Oranges and Caramelized Walnuts

*Craving a fresh, vibrant salad that's both refreshing and packed with flavor? This beet salad with candied walnuts, orange slices, and a tangy homemade dressing is the perfect balance of sweet and savory. Easy to make and full of color!*

Serves: 4

### Ingredients

- 4 medium beets or 15 ounce can of beets, drained
- 1/3 cup chopped walnuts
- 3 tablespoons maple syrup
- 1 (10 oz) mixed baby salad greens or other lettuce
- 1 Tablespoon 100% orange juice
- ½ teaspoon orange zest (optional)
- 1 Tablespoon balsamic vinegar
- ¼ cup extra virgin olive oil
- 1 orange, peeled, sliced, diced

### Directions

1. Preheat the oven to 450°F (If using canned beets skip step 1 and 2).
2. Wrap the whole beets in a large piece of aluminum foil. Place on a baking sheet and bake for 1 hour.
3. While the beets are baking, prepare the other ingredients. Place a skillet over medium heat and add the chopped walnuts. Toast until warm, then add the maple syrup. Stir until the walnuts are evenly coated and toasted. Remove from heat and set aside to cool.
4. In a small bowl, combine the orange juice, orange zest (if using), balsamic vinegar, and olive oil to make the dressing. Stir well and set aside.
5. If using canned beets, drain and slice them into cubes. If using fresh baked beets, let them cool slightly, then rub off the skins with a paper towel and cut them into cubes.
6. Assemble the salad by placing a handful of mixed salad greens on individual plates.
7. Top with the toasted walnuts, cubed beets, and orange slices.
8. Drizzle the dressing over the salads and enjoy!

### Nutrition Info per serving:

Calories: 291, Saturated Fat: 2.6 g, Sodium: 87 mg, Added Sugars: 9g, Fiber: 4.6 g  
Protein: 4.1 g

Recipe adapted from: <https://lifemadesimplebakes.com/beet-salad/#wprm-recipe-container-37974>

For more info about Beyond Hunger visit:  
<https://www.gobeyondhunger.org>