

Roasted Beet and Kale Salad with Greek Lemon Vinaigrette

This is a Greek-style roasted beet and kale salad that is colorful and flavorful. Beets and kale can easily be roasted and dressing prepared a day in advance.

Serves: Four

Prep Time: 20 Minutes

Oven Roasting Time: 35-45 Minutes

Ingredients:

4 medium beets, peeled and sliced
1 medium sweet onion, quartered and sliced
4 tablespoons extra virgin olive oil (divided)
½ teaspoon sea salt (divided)
¼ teaspoon ground black pepper
1 teaspoon Italian herb seasoning
12 medium kale leaves, ribs trimmed away, sliced into large bite sized pieces
¼ cup pistachios, chopped
2 tablespoons feta cheese, crumbled (optional)

Dressing:

4 tablespoons extra virgin olive oil
2 tablespoons lemon juice
1 tablespoon honey
1 medium garlic clove, diced
1 teaspoon dried oregano
1/8 teaspoon sea salt

Directions:

Preheat oven to 395° (F).

Cut peeled beets into bite sized slices, toss in a bowl with 2 tablespoons of olive oil, ¼ teaspoon salt, black pepper, Italian seasoning, and onions. Place beets and onions on a baking sheet. Roast in oven for about 35-45 minutes, until al dente.

Meanwhile, toss kale with remaining 2 tablespoons of olive oil and ¼ teaspoon of salt. Spread on a baking sheet. Roast in heated-oven for 10-15 minutes, until crisp. Remove from oven and set aside.

Heat a small sauté pan to medium heat, add pistachios, stir frequently until warmed, but don't over heat until they are browned.

While beets are roasting, whisk vinaigrette ingredients together in a bowl and set aside.

When beets are ready, spoon with kale on a serving platter, drizzle dressing over them, toss gently, and garnish with nuts and cheese. Serve warm or at room temperature.

Enjoy!

Steven Masley, MD