

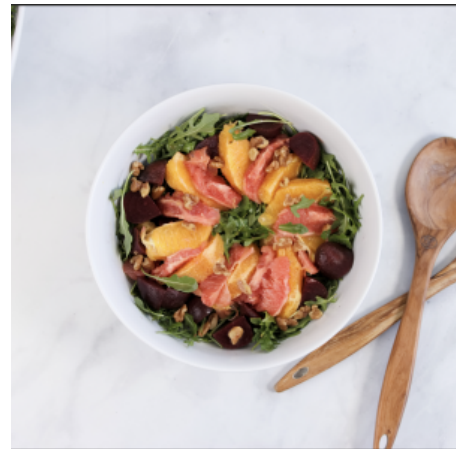
Citrus Beet Salad with Champagne Vinaigrette Dressing

Prep Time 15 mins
 Total Time 1 hr
 Meal Type Lunch,Dinner,Side
 Contributed By



Source [Living Plate Teaching Kitchen](#)

Servings 4



Ingredients

lb,c g,ml

- 4 beets, *greens and stems removed* (pre-roasted beets)
- 1 grapefruit, *segmented*
- 1 orange, *segmented* reserve 1 tablespoon of juice and the orange zest
- 2 Tbs olive oil
- 1 Tbs champagne vinegar
- 1 1/2 tsp honey
- salt, *to taste*
- pepper, *to taste*
- 4 cups arugula
- 1/3 cups walnuts, raw

Directions

Prep

1. Preheat oven to 425° F. If using pre-roasted beets, you can skip this step.
2. Wrap each beet tightly in tin foil. Place on a baking sheet; bake until a knife inserts into beets with a little pressure, 45 minutes to 1 hour depending on their size. Cool beets in packets, then rub off skins (use a paper towel to prevent color from getting on your skin). Quarter each beet. Alternatively, you could purchase pre-roasted beets.
3. Cut the orange and grapefruit into segments, keeping 1 tablespoon of the orange juice.

Make

1. In a small bowl, whisk together olive oil, champagne vinegar, honey, orange juice, salt, and pepper.
2. In a large bowl, combine the beets and citrus segments. Drizzle half the vinaigrette over the beet mixture and toss to combine.
3. Serve on a bed of arugula and top with walnuts. Drizzle the remaining vinaigrette on top.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	215	Total Fat 13.5g	20%	Total Carbohydrates 23g	7%
		Saturated Fat 1.6g	7%	Dietary Fiber 5g	20%
		Trans Fat 0.0g		Total Sugars 17g	
		Cholesterol 0mg	0%	Protein 4g	
		Sodium 70mg	3%		
Vitamin D 0mcg 0% · Calcium 81mg 8% · Iron 1mg 7% · Potassium 557mg 11%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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