



## Spring Beet Salad with Arugula

### Ingredients

SERVES 4

1 pkg fresh arugula  
4 beets (golden or red)  
1/2 cup blue cheese  
1/2 cup chopped walnuts  
2 shallots, minced  
1 tbsp dijon mustard  
1/4 cup Champagne vinegar  
salt/pepper (as desired)  
pinch brown sugar  
1/2 cup olive oil  
squeeze of lemon juice

### Nutrition (1svg)

KCAL:266

SAT FAT: 3.25 g

FIBER: 5 g

SODIUM: 207 mg

ADDED SUGARS: 1 g

### Directions

1. Preheat oven to 425 degrees. Destem beets, wrap in foil, and put in oven to roast for 30-40 minutes.
2. Unwrap, peel off skin, and dice.
3. Plate fresh arugula; top with beets and cheese. Assemble dressing by combining ingredients from shallots to lemon juice in a ball jar. Set aside.
4. Toast walnuts in nonstick pan until fragrant, about 2 minutes. Cool.
5. Top salad with dressing and walnuts and enjoy!